

GoodFood

MIDDLE EAST

WIN!
Fab kitchen
gadgets,
weekend breaks
and more

Fabulous food to share

*Relaxed entertaining made easier***Chocolate coconut
banoffee pie** p53

Exclusive!

Catalonian recipes from the
UAE's first Michelin-starred chef

The Back-to-school issue



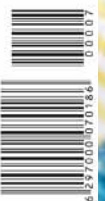
Healthy
lunchboxes



Child-friendly
step-by-step recipes



Get kids into
the kitchen





An Exclusive Invitation

TO FIND OUT WHY TWICE IS NICE, BUT THE THIRD TIME'S THE CHARM.

Join the Brunch Royale Society to enjoy elegant afternoons
complemented by exquisite cuisine. Attend two weekly gatherings
and be exceptionally rewarded during your third visit.



Step into Imperium at Jumeirah Zabeel Saray for an exclusive Friday brunch experience unlike any other in the city. Enjoy gourmet fare as well as continental delicacies prepared using only the finest ingredients from around the world in regal settings. Become part of the Brunch Royale Society and redefine the way you do brunch.

- ❖ Enjoy a Classic Brunch at AED 275, an Emperor's Brunch at AED 395 or a Bubbly Brunch at AED 550
- ❖ Join us for brunch twice to enjoy a complimentary experience* during your third visit
- ❖ Friday brunch at Imperium is served between 1.00 pm and 4.00 pm, advance booking is required

For more information, visit jumeirah.com/jzsbrunch or call +971 4 453 0444.

Jumeirah
ZABEEL SARAY
STAY DIFFERENT™

BBC Worldwide Magazines Unit:

BBC Good Food Magazine is owned by BBC Worldwide and produced on its behalf by Immediate Media Company Limited. BBC Worldwide's profits are returned to the BBC and help fund new BBC programmes.

DIRECTOR OF PUBLISHING: Nicholas Brett
HEAD OF PUBLISHING: Chris Kerwin
HEAD OF EDITORIAL: Jenny Potter
PUBLISHING COORDINATOR: Eva Abramik

Immediate Media Co.

CHAIRMAN: Stephen Alexander
DEPUTY CHAIRMAN: Peter Phippen
CEO: Tom Bureau
HEAD OF LICENSING AND SYNDICATION:
Joanna Marshall
INTERNATIONAL PARTNERS MANAGER:
Aleksandra Nowacka

UK Good Food Team

EDITOR: Gillian Carter
CREATIVE DIRECTOR FOOD GROUP:
Elizabeth Galbraith
FOOD DIRECTOR FOOD GROUP: Lulu Grimes
PUBLISHING DIRECTOR: Alfie Lewis

Welcome!



As the lazy, hazy days of the summer holidays start to fade further away into the rearview mirror, this month is when the city officially comes back to life. And along with work, school and the daily routine, it means that the social calendar starts filling up again. New restaurants opening, events, parties... and of course, awards season. The annual *BBC Good Food ME* awards has rolled around again, and nominations are now open – with exciting new categories and other surprises in store for this year's awards, it is going to be mega! Turn to p6 to find out how you can have your say, and get your nominations in soon – the first round closes at the end of this month.

If that wasn't excitement enough, we've also just launched our all-new Premium Food Club membership scheme – which not only gets you a copy of the magazine delivered to your door each month, but an exclusive selection of seriously cool offers that no foodie can refuse. Learn all about how to sign up on p99.

Other than kicking off the awards and the Food Club Premium membership, we've also been busy putting together the *Back to School* special issue for you this month. More and more children seem to be making their way into the kitchen these days, with a growing interest in food and cooking. Whether it's thanks to all the cooking shows and Junior Masterchef competitions on TV, or apps making everything that much more accessible, this is a trend that needs to be encouraged and nurtured. Contributor Prachi Grover explains exactly why, in *Cheflings at work*, p70, and also shares some simple recipes that your kids can get involved in. We've also featured a weekend treat they can create together with you in *Of the kids, for the kids, by the kids!* on p60, so you can extend their interest in cooking beyond school lunches. And, for the days when you are rushed off your feet, we've got a week's worth of healthy lunchbox ideas that are sure to become your go-to recipes, on p34.

Whether you've got an opinion on cooking with children, want to get involved in the awards, or would simply like to share a foodie tip or story with us, join the conversation on facebook.com/bbcgoodfoodme or twitter.com/bbcgoodfoodme, or simply email us on feedback@bbcgoodfoodme.com,

I'd love to hear from you!

Sudeshna

Editor's picks



With the season for entertaining here again, I'm loving these conversation pieces of serve-ware, p9



My weekday lunches are getting a snazzy makeover! p39



I'm sold on shopping online for groceries, p66

THE 2013 BBC GOOD FOOD ME AWARDS
NOW OPEN FOR NOMINATIONS

Contents



*STARTERS

4 YOUR SAY

Write in to us with your views and comments.

6 FOODIE FILE

All the latest food news, trends and happenings.

9 AISLE FILE

Go shopping for kitchen gadgets, and gorgeous home décor.

10 HERE TO HELP

Expert answers for your cooking questions.

12 ON TEST: FRYERS

We review three top brands.

15 CULINA-READS

Cookbooks, TV shows and app reviews.

16 DOHA DIARIES

We have our finger on the pulse of Doha's restaurant and dining scene.

19 TRIED AND TASTED: CONTEMPORARY JAPANESE

Two hot new restaurants reviewed.

20 FLAVOURS OF THE MONTH

The best deals and offers on restaurants.



34

*HOME COOKING

24 MAKE IT TONIGHT

Satisfying, simple everyday suppers.

29 A WEEK OF HEALTHY SUPPERS

Five meals for five days that will boost your nutrition intake.

32 5 WAYS TO PERK UP PORRIDGE

Give this healthy breakfast a tasty makeover.

34 HEALTHY LUNCHBOX IDEAS

Take the stress out of Back-to-school month with these nutritious packed lunches.

39 SALAD DAYS

Delicious ideas for lunchtime salads that can be layered in a jar.

42 LEARN TO: POACH A SALMON PERFECTLY

A step-by-step guide to mastering a simple yet impressive dish.

44 FROM SPAIN WITH LOVE

Abu Dhabi-based Michelin star chef Antonio Saez shares his gourmet Catalan recipes.



50 BRING A DISH!

Share the cooking with friends to keep costs down and make gatherings even more fun.

55 PURPLE REIGN

Sweet and savoury recipes for seasonal dark fruits.

60 OF THE KIDS, FOR THE KIDS, BY THE KIDS!

A weekend treat that children will love to make and eat.

88



*GOURMET LIFESTYLE

66 3'S A TREND: ONLINE STORES

Grocery shopping over the internet seems to have arrived in the region.

68 WHICH MILK IS RIGHT FOR YOU?

Find out the nutritional benefits of the different types, and choose what's best for you and your family.

70 CHEFLINGS AT WORK

It's never too early for your children to join you in the kitchen.

74 COUTURE CUISINE

Fashion brands getting into the food industry seems to be on-trend.

78 MY KITCHEN: GENNARO CONTALDO

Italian chef and TV Presenter Gennaro Contaldo shows us around his rustic-style outdoor kitchen.

82 FOOD SAFARI: GERMANY

There's more to German food than sausage and potatoes!

87 TASTE OF THE WORLD

Travel news and global gastronomy.

88 LIFE IN LUCERNE

This charming Swiss city offers an ideal mix for a delicious mountain holiday.

92 AN INDIAN SUMMER EVENING

We hosted Michelin star chef Atul Kochhar at last month's Food Club masterclass.

104 MEET THE BLOGGER

Get to know the face behind the food blog you've been savouring.

COMPETITIONS

80 Kitchen appliances worth Dhs7,500 from Citrusstv.com.

95 Weekend getaways at Tilal Liwa Hotel, worth Dhs10,000

102 Dining vouchers for UAE and Doha restaurants.

WIN!

Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

🍷 Contains alcohol

Store Directory

Contact numbers for outlets featured in this issue

Candelite: 04-3631602

Crate and Barrel: 04-3990125

Daiso: 04-3351532

Genevieve Lethu: 04-3448810

Homes R Us: 04-4469820

Indigo Living: 04-3466934

Jashanmal stores: 04-3253808

Lafayette Gourmet: 04-3399933

Lakeland: 04-3236081

Tavola: 04-3402933

Villeroy and Boch: 04- 3399676

Note: Prices in Qatari Riyals are usually the same as UAE Dirhams.

Your say

We love to hear from you!

FOOD FOR LOVE

The way to a man's heart is definitely through his stomach! My husband is a foodie, and since he is a Gemini, he's versatile and unpredictable, as he gets bored of the same food very quickly. Even professional cooks have failed to meet his demands! But it's *BBC Good Food ME* that has finally become the talk of the house lately. My Nepalese cook and I both follow the recipes dutifully. Thanks to your magazine, my husband's interest in food is intact, since we now serve him a variety of new dishes. I shared the magazine with a friend – she loves it too!

Divya Gianchandani



GOING ON A SUMMER HOLIDAY!

I haven't taken a vacation since January this year and was eagerly waiting for the Eid holidays to come around. There are

millions of hotel deals available online but even after meticulous research, my husband and I couldn't decide on one. Luckily, I picked up your magazine, and was happy to find a selection of getaway ideas (*Bite-sized breaks*, August 2013). We finally decided to head to The Chedi Muscat as I'd heard lots about it and have been wanting to go for ages – I can truly say that I got the rest and relaxation I desired there. I can't wait to plan my next getaway to all the other luxury hotels you've described, they all sound so tempting. Thanks for the inspiration!

Whitney Bane

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at:

The Editor
BBC Good Food Middle East.
Dubai Media City, Building 4, Office G08
PO Box 13700, Dubai, UAE.



The writer of the Star Letter wins a **Kenwood Triblade hand blender HB723**, worth

Dhs299. The efficient gadget features a unique three-blade technology and comes with a balloon whisk accessory, beaker with handle, chopper bowl with blade accessory, metal wand with tri-blade, and a soup XL accessory – perfect for smooth, tasty soups. This versatile appliance is an essential for every kitchen.



Star Letter

A COMPANION FOR CELEBRATIONS

I managed to get the August issue of *BBC Good Food ME* earlier this month and was delighted to find all those lovely recipes compiled in colourful 88 pages of pure joy! I thought I should write and thank you for your great magazine. I made the Summer berry pie (*Sensational summer puddings*, August 2013) for Eid, because cherries are in season and who doesn't love a cherry-berry pie? My family loved my Eid special 'Summer berry pie' – it was a wonderful way to celebrate with the family. What I like the most about *BBC Good Food ME* is that the magazine

has recipes for all occasions – Christmas, Eid or Diwali. Thank you for also including recipes for the little ones to assist with. Since its summer, and they are at home, they love helping out in the kitchen and making good food.

Sara H



PRETTY THINGS

I came across the cheese plates (*Aisle file*, August 2013) in the magazine and knew I had to get my hands on them! I'm a big fan of your product pages as it keeps my home and kitchen up-to-date.

I used the plates at a party I hosted few weeks ago, and made sure to include the Creamy goat's cheese with chives and pomegranate (*Drinks & nibbles*, August 2013) as part of the spread. I received lots of compliments that evening!

Myra Mason



BUDDING CHEFS

My seven-year old son hates being indoors during the summer, and he usually has his eyes glued to the TV which frustrates me. On weekends, I try to get him into the kitchen to bake cakes, or add toppings to pizzas – he absolutely loves



it! I was pleased to see a selection of foodie summer camps (*Summer cookin'!* August 2013) in the magazine and enrolled him for one as well. He loved learning from the chefs, cooking new dishes, and mingling with other kids his age. In our joint session in the kitchen last week, we made the spaghetti nests and cheese roll-ups (*Kids in the kitchen*, August 2013) and everyone in the family enjoyed them thoroughly. Thanks for all these helpful ideas, that seem to appear just when I need!

Tanya Gomes

A HELPING HAND FOR BEGINNERS

Your August issue was simply fab, with so many fresh new dishes to try! I hardly cook, and I get the magazine for my mum, but I managed to make one of your recipes last month, and guess what? It was super simple to follow instructions, and tasted delicious! Keep it coming, *BBC Good Food ME* team, I know exactly how I'll end up cooking everyday.

Divya Ned

THE URBAN-VINTAGE
LEATHER COLLECTION

NOW IN STORES



Toll Free 800 4360
marinahomeinteriors.com



Get social with us on Facebook
www.facebook.com/marinahomeinteriors



Follow us on Instagram/[marinahomeinteriors](https://www.instagram.com/marinahomeinteriors)

MARINA
H O M E

U R B A N • E X O T I C

Foodie file

What's hot and happening in the culinary world, here and around the globe.



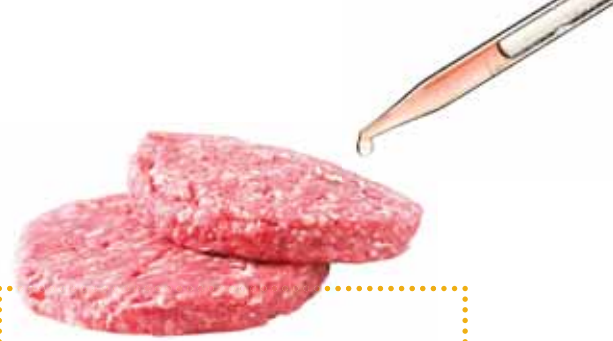
Blue Jade

DINE IN THE CITY

- * For an authentic taste of Asian cuisine, look no further than Blue Jade, the new restaurant at the recently revamped Ritz-Carlton Dubai Hotel, which offers an array of delicacies from across the Far East, in an elegant setting overlooking the beachfront tropical gardens of the resort. Menu highlights include secret family recipes from Vietnamese chef Ta Van, such as ginger sea bass wrapped in lotus leaf. Call 04-3186105.
- * Joining the throngs of new restaurants in the Downtown Dubai area is Kris Kros, a funky new concept serving an eclectic international menu inspired by cuisine from the Americas, Asia and the Mediterranean. It's like going around the world in 80 plates! Call 04-4539994.
- * Just when you thought you couldn't handle another burger joint in this region, America's oldest steakburger restaurant opens its doors in Dubai Mall. Steak 'n Shake specialises in hand-crafted, organic burgers, hand-cut chips and milkshakes. We can see the queues forming already! Call 04-3308180.

ALVIS (AND PRICE) HAS LEFT THE BUILDING!

Dubai's regular restaurant-goers would probably have already heard that Nick Alvis and Scott Price, founders of the home grown restaurant success story Table 9, will be moving on to pastures greener, come 2014. Scott Price and Nick Alvis, winner of last year's *BBC Good Food ME* Chef of the Year award, will be joining the Albwardy Investment Group, with interests in supermarkets, F&B distribution, and hotels and restaurants, to develop new concepts from next year. The restaurant will operate as is until December 31 this year, and Hilton is expected to unveil plans for Table 9 for the new year soon. What remains to be seen is if the new team can recreate the same magic, watch this space for more!



Test tube burger

In what can only be described as a bizarre scientific experiment, a lab-grown burger patty has been developed by a research team at Maastricht University in the Netherlands, using strands of meat grown from stem cells of a living cow, mixed with salt, egg powder, breadcrumbs, beetroot juice and saffron. In a tasting of the prototype, volunteers described the burger as having the same consistency of a regular burger, but being less juicy. While backers of the research claim it is safe and healthy, and will help manage environmental issues caused by increased demand for livestock, we aren't sure how we feel about such an unnatural approach to food. But we don't need to start worrying yet – with a price tag of US\$330,000 for development, it will be a while before cultured beef becomes a commercially viable supermarket product.



This just in:

We were sold on the stylish, retro design of this Terin kettle, part of a new range of appliances from this Italian brand, but the functional features such as 3-level safety system with dry boiling protection, and temperature display, definitely helped seal the deal. Dhs139, available at Better Life stores.

What's trending

#Foodiefridays

Friday seems to be the day that everyone has food on their mind, wherever in the world they may be – whether it's the Lusaka Food Festival in Zambia, or Singapore chilli crab, or crumpet recipes from London! Closer home, the Dubai foodie community, including local bloggers and social media savvy restaurant @ChimesDubai always give each other and us a shout-out on Foodie Fridays.

 Home


Desert drinks

Camel milk seems to all set to become the gastronomic trend of the year in this region. After the Ritz-Carlton Abu Dhabi's introduction of a specialised camel milk mixologist to create freshly muddled beverages in flavours such as strawberry and mint, it is now Costa Coffee's turn to introduce the nutritious milk as an option in all its outlets, as well as launch a Strawberry Camel Milk Cooler in its range of iced drinks. Think we're starting to acquire a taste for it after all!



“So long as you have food in your mouth, you have solved all questions for the time being.”

- Writer Franz Kafka

Simply the best

It's official. South American gastronomy is having its moment, and there's no better affirmation for it than this year's launch of the Latin America's 50 Best Restaurants list – from the same people who do The World's 50 Best Restaurants list each year, one of the most respected recognitions in global dining. Compiled on the basis of votes from a panel of industry experts such as food critics, restaurateurs and chefs, the list will be revealed this month in Lima, Peru. Find the details on theworlds50best.com/latinamerica.

WATER WATER EVERYWHERE!

Who knew what water you drink could play a role in the war against cellulite? Mon Viso, a new premium Italian mineral water brand, claims to help in the battle against the orange peel-bulge with one of the lowest sodium and total dissolved solid levels in water brands. A pure, natural mineral water, Mon Viso is drawn from the Rocce Azzurre springs of the Monviso Mountain in the highest natural springs in Europe. Available at select supermarkets, prices from Dhs2.90.



SAVE THE DATE



Give yourself a post-summer wellness boost by signing up for the upcoming Yoga and wellbeing retreat to be held at Madinat Jumeirah from September 19-21. One of the first of its kind in the region, the two-day, luxury-meets-wellness weekend led by Yoga Retreats will not only include yoga sessions on the beach, but also cooking classes with resort wellbeing chef Gaby Kurz, nutrition seminars from experts, spa treatments at Talise Spa, and healthy meals. Prices from Dhs2,080 per person, call 04-3668888 or visit www.jumeirah.com/mjyogaretreat.

Pachanga's Latin Brunch

with a Caribbean twist



Try a truly extravagant Saturday brunch with all the flavours and traditional recipes from South America and the Caribbean. Our buffet features an extensive and exotic salad selection, a live cooking station, amazing signature dishes and mouth-watering desserts.

Every Saturday from 1:00pm until 5:00pm

AED 350 including selected house beverages



Pachanga Restaurant | Hilton Dubai Jumeirah Resort | The Walk, JBR | 04-318 2530
pachanga.jumeirah@hilton.com | facebook.com/HiltonDubai | www.dxb dining.com



Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



The blue, beige and pink graphic flower grid prints make these vintage cups from the all-new Lina tableware collection at **VILLEROY AND BOCH** look très chic. Dhs45 for a cup and saucer set.

Cheese, crackers, cured meats – the selection of snacks that can be served on this Bamboo oval platter with utility board are endless. Dhs109, at **INDIGO LIVING**.



Those used to being called butter-fingers will love this Serving tray, which secures glasses while being served. Dhs95 at **DESADO.COM**



Serve calamari, chorizo, spicy fried potatoes and red bell pepper-filled olives in these cute-as-a-button Tapas plates. Dhs193 for a set of six, at **GENEVIEVE LETHU**.



A cup of Turkish coffee is always welcome if served in this elegant Enesco Guines tea set in gold. Dhs249 for 12pcs, at **HOMES R US**.

Love macarons? You'll love the light, innovative flavour combinations of Pierre Herme macarons. The La Galeriste box of 16 is Dhs230 at **LAFAYETTE GOURMET**.



This Smash quirky frog lunch box is sure to put a smile on your little one's face. Pack healthy sandwiches and snacks in the insulated main compartment and fill up the 50ml water bottle to store it in the side zip pocket. Dhs135, at **LAKELAND**.



Want to make sure your little boy is drinking fresh juice or water? Make him sip it out of this Cars bottle – every boy loves McQueen! Dhs20 at **CANDELITE**.



Make baking more fun with these colourful silicon accessories. From Dhs7, at **DAISO**.





Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



Q Could you please tell me how to make the perfect risotto?

A. First of all, cook a finely chopped onion in a tablespoon of vegetable oil, on low heat, with a bay leaf until soft and clear. Add the rice and roast for a couple of minutes. Then add 125ml of white wine or verjuice (wine substitute) turn the heat to medium. Stir the rice with a wooden spoon – never use a sharp metal spoon as this damages the grains of rice. Add hot stock to the rice, one ladle at a time. It's important to stir slowly and continually to stop the rice from sticking to the bottom of the pan. Once the grains are swollen and soft, but still have a little bite, add the last ladle of stock and stir well. Finish the rice with your chosen protein or vegetables, add chopped herbs, a couple of tablespoons each of butter and grated parmesan. Stir well and serve.

Q What's the best way to cook jumbo tiger shrimps?

A. Remove the intestinal tract by cutting down the back with a pair of scissors, and then rinse in cold water and pat dry on paper towels. I either blanch in boiling salted water for a minute and a half, and stir fry with chilli, garlic and ginger, or marinate in the same ingredients and barbecue over charcoal to get juicy tender shrimps.

Q How do I make chocolate fondue at home?

A. It is important to use good quality dark chocolate with a cocoa content over 45 per cent.

Warm 225g cream until little bubbles appear, then add 340g of either chocolate buttons or broken pieces of chocolate. Whisk until they are well mixed over a double boiler and then pour into your fondue machine or burner.

Q I would like to cook beetroot but it takes too long and I'm not sure how to go about it – please help?

A. I usually recommend cooking with medium sized beets, with the leaves on, for about 30 minutes. A pressure cooker can be used to for great results. You could also grate a beetroot and eat it raw in a salad. During winter, I love roasting it with thyme and olive oil.



Andy's ingredient of the month

I've been cooking with Scottish girolle mushrooms which tastes great with everything from fish and eggs, to steak, poultry and cheese. I like to sauté it in butter, with shallots, garlic and lemon juice, and then add chopped parsley. Available at Carrefour, Spinneys and specialist delis.



Menu planner

Whip up a delicious meal with recipes from this issue

Dinner party to impress the boss



Starter

A glamorous starter option – Zebra ravioli, p75



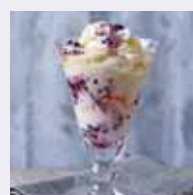
Main

Simple yet stylish – poached salmon, p42



Side

A restaurant-style dish in minutes – Shredded greens salad, p51



Dessert

A seasonal take on a classic fave – Blackberry & lemon mess, p57

A photograph of two children with tiger face paint. The child in the foreground is a boy with black and white stripes, looking upwards with an open mouth. The child in the background is a girl with yellow and black stripes, smiling. They are at a fair with colorful, blurred structures in the background.

MAZINA

GENERATION CREATION

Saturday FAMILY BRUNCH AT MAZINA

Bring the family together this September for a brunch experience with a difference at Mazina, The Address Dubai Marina. Join in the excitement and paint the town red with our Generation creation activity of the month – Face Painting. Participate as a team and get creative to win great prizes!

Enjoy an extensive buffet of mouthwatering international favourites and fun activities for our younger diners, including face painting, a bouncy castle and Wii games.

Date: 21st September 2013

Time: 12.30 pm to 3.30 pm

Special price: AED 220 including soft drinks

Children aged between 7–12 years enjoy meals at half price
and under 6 years dine with our compliments

T: +971 4 436 7777 E: DINE.DUBAIMARINA@THEADDRESS.COM
WWW.THEADDRESS.COM



THE ADDRESS
DUBAI MARINA

WHERE *life* HAPPENS

On test: Fryers

Essential home gadgets reviewed.

Tefal Actifry

This counter-top fryer was created for those who love to indulge in fried foods, without piling on the pounds. A kilo of French fries requires just one tablespoon of oil and has only three per cent fat – how great is that? The stylish and healthy fryer is safe to use, has an automatic cover opening and closing option and comes with a basket, recipe book and measuring spoon.

What we liked: I decided to fry a kilo of marinated chicken, and didn't really know what to expect. I knew it wouldn't taste exactly like deep fried chicken so was quite very pleased to see the crispy coated chicken was cooked well, and without oil too (it cooked in its own oil). The fryer 'fries' the food by pulsing hot air through the food, stirred by a rotating paddle inside. The fry pan base with coated ceramic non-stick finish is a great feature as I found that the crumbs didn't stick to it, and was easy to remove and clean as well. It's the perfect gadget for families looking to eat healthier.

What we didn't like: The machine has a timer, however it doesn't turn off automatically once the alarm goes off. Also, the fryer only has one temperature setting on it, it would've been nice to have at least a variation of temperatures.

To buy: Dhs999, at all leading electronics stores.



User tip

Pay close attention to the alarm sound as it isn't very loud, to avoid over-cooking.

De Longhi RotoFry F18436.

This is a great gadget to have on hand if you have a large family or entertain large numbers of guests. This 1.2 kg machine has an oil capacity of the same amount, a patented angle rotating basket to ensure even cooking, removal bowl, non-stick interior, removable digital timer, easy-clean oil draining system, cool-touch walls, and two replaceable anti-odour and anti-vapour filters.

What we liked: The look and build of the fryer is similar to older models on the market, however innovative features such as a removable timer and the patent angled rotating basket, makes it a winner. The temperatures range from 150C to 190C and can be used to fry everything from fish and French fries to chicken. Fairly simple to use, all you need to do is add oil into the fryer, then place whatever you want to cook in the basket, which is then immersed in the oil and rotates on an angle, to ensure it is cooked evenly on all sides. I made chicken wontons, which turned out crispy and not greasy at all – quite surprising considering it was cooked in a lot of oil. The easy drain system for the oil is a nice feature, as it minimises effort when cleaning.

What we didn't like: The timer only has a light indicator to show when the food is cooked, there's no alarm. So, you need to keep an eye on cooking times.

To buy: Dhs449, at Carrefour and Jashanmal.



User tip

Don't wipe the outer surface of the fryer while it is still hot.

Moulinex Super Uno

This versatile, functional fryer is fitted with a carbon filter, has an adjustable thermostat, removable bowl, automatic lid opening, viewing window and cool wall. The fryer itself weighs 1.5 kilograms and has an oil capacity of 2.2 litres.

What we liked: Instead of using this gadget to simply make French fries, I decided to try a selection of other foods such as chicken wings, cheese croquettes, batter fried Indian vegetable such as cauliflower, potatoes and onions, and shrimps for tacos. The easy-to-assemble product oil heats up the oil quickly to the desired temperature, but I noticed that the second batch of foods cooked quicker, since the oil was hot by then. While the food was cooking, I opened it

to check the progress and noticed there was no risk of burning myself. I found the outcome quite good overall, as you can pretty much fry any food you wish. Also, there was no change in the temperature of the oil, and all foods were cooked evenly as well, which is great. The fryer is quite easy to clean manually – do not put it in a dishwasher.

What we didn't like: The handle of the frying bucket is very flimsy, which can be dangerous, especially when you're pulling out food from a hot fryer. A better drainage system for the cooking oil would have been good too, as I had to wait for an hour for the oil to cool down, before pouring the oil into a funnel from the fryer tub.

To buy: Dhs349, at select supermarkets and Max electronic stores.

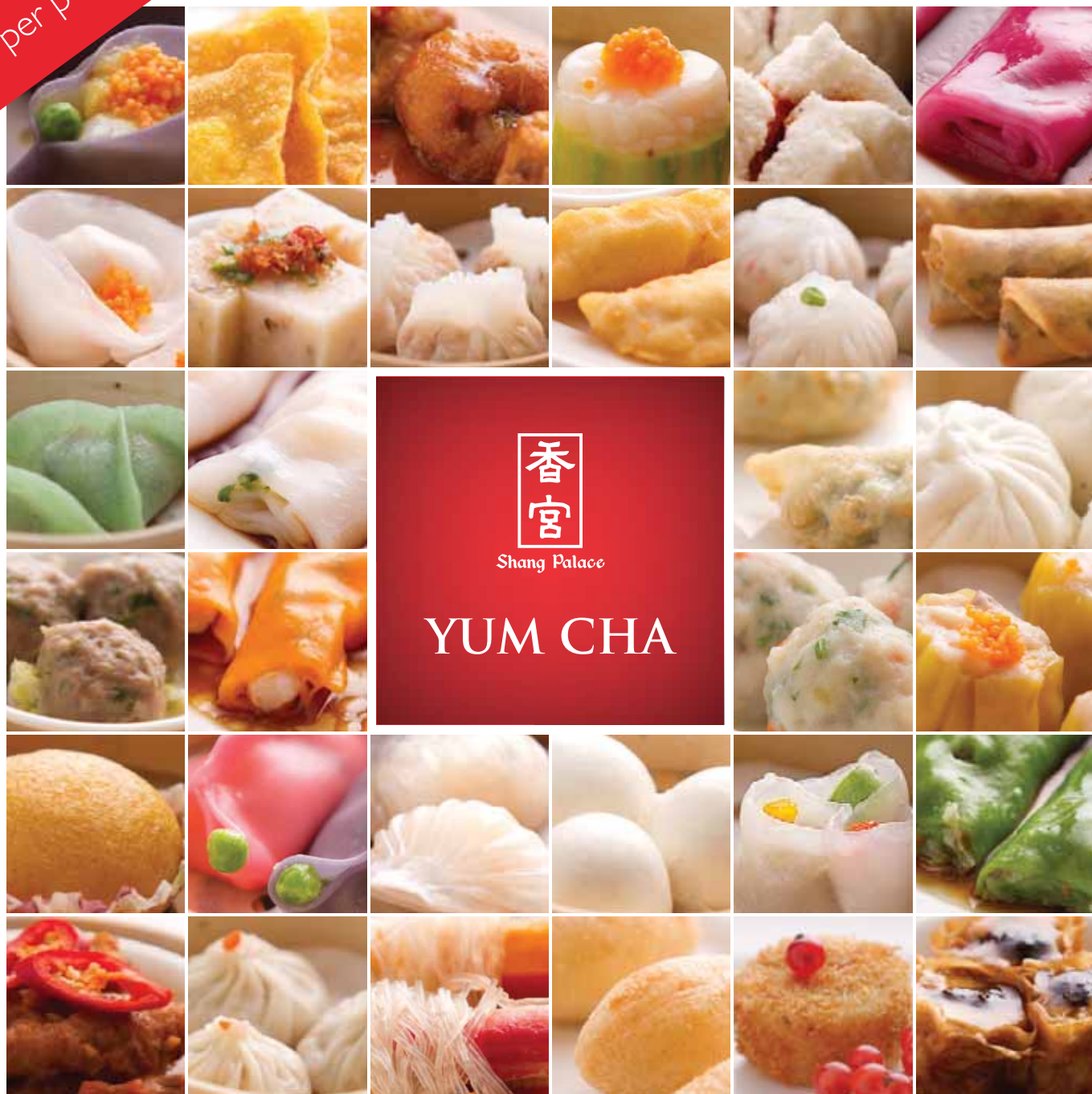


User tip

Ensure you regularly change the filter on the top.

What products would you like to see reviewed in the magazine? ✉ Tell us on feedback@bbcgoodfoodme.com or [facebook.com/bbcgoodfoodme](https://www.facebook.com/bbcgoodfoodme).

Early bird offer!
Dhs 99 per person



Feast on a variety of authentic dim sum, hand pulled noodles and rice with your choice of soup and dessert.
Priced at Dhs 115 per person and available daily from 12:30 to 15:00.

Guests who dine on Friday and Saturday from 11:00 and leave before 12:30
can enjoy the early bird price of Dhs 99 per person.

For enquiries and reservations, please call (04) 405 2703.

Sheikh Zayed Road, P.O. Box 75880, Dubai, U.A.E. www.shangri-la.com/dubai
www.facebook.com/shangrilahoteldubai


فندق شانغريلا دبي
Shangri-La hotel
DUBAI



CELEBRATE THE FRENCH GRAPE HARVEST

New flavours and a week of exciting offers from 23rd to 30th September.

Join us during this exclusive week to experience Wednesday's Cheese & Grape Night; Culinary delicacies on Thursday for French Grape Dinner; Friday's French Brunch; Saturday's Bubbly Sunset and daily for After Work Specials. Discover more about these magnifique offers on WWW.SOFITEL-DUBAI-JUMEIRAHBEACH.COM



SOFITEL DUBAI JUMEIRAH BEACH • JBR • THE WALK • DUBAI UAE - 04 448 4733
WWW.SOFITEL-DUBAI-JUMEIRAHBEACH.COM

Life is Magnifique in Dubai!

WWW.SOFITEL.COM  



On my bookshelf. . .



★ We ask the pros to tell us about the cookbook they can't live without.

Salvatore Barcellona,
chef de Cuisine at L'Olivio,
Rixos The Palm Dubai

My favourite cookbook is *The New Renaissance of Italian Fusion Cuisine 3.0* by Michelin-starred Chef Gianfranco Chiarini. Italian food is all about the ingredients, but this chef has cleverly added new techniques to really create pure fusion of old dishes and cuisines with a modern feeling, something both my grandparents or I would be happy to eat, proving Italian cuisine is all about family.

Watch this:



★ **David Rocco's Dolce Vita**
Sundays at 8:30pm on
National Geographic Channel

Canada-born Italian native David Rocco shows us the true meaning of 'la dolce vita' as he scours through markets, visits farms, dines at cafés in his hometown Firenze, and travels to various parts of Italy with his wife Nina and friends. David, who claims he isn't a chef, but is just Italian, cooks three simple and quick dishes on location in each episode, whether in his home in Florence, or in a friend's backyard in Amalfi. He also shares tips on living the 'Italian life', from how to order a coffee, to chefs' advice on making the perfect Sicilian cannoli.



Download this:

★ **Juicify free**
Free on iPhone

Get inspired to drink a little healthier with nutritious juice and smoothie recipes which are super-easy to make. The easy-to-use app includes recipes written down in a notepad-style – such as Sandy Peach juice, a fruit and veg concoction, and Joint Effort, a nutritious, satisfying smoothie – with nutritional information included as well.

Culina-reads

Reviews of the latest cookbooks, food shows and mobile apps.

★ **Quick & easy toddler recipes** by Annabel Karmel (Ebury Press)

This well-loved children's cookbook writer may appear to be churning out assembly line-style recipe books like it's going out of fashion – but there's good reason for that. You can never have enough inspiration when it comes to getting fussy children to eat well, and her recipes just always seem to hit the spot. And this, her newest book, is set to be another surefire winner with parents of young kids. The fuss-free, sensible recipes range from smoothies and breakfast dishes like Scrambled eggs with tomato salsa, to more creative creations like Fresh haddock kedgeree and Mango and apricot chicken. The recipes are divided by core ingredients, with a separate section for Breakfasts and snacks, and Pasta, which features everything from the predictable to Chicken and pasta salad, to a Prawn with tomato and mascarpone pasta sauce, as well as other quick pasta sauces that are easy to whip up. While some of the recipes may lack in originality (do we really need to see a ham and tomato sandwich in a cookbook?), and some of the tips seem mundane ('Chop vegetables in a food processor to save time', for example), it is this practically packaged selection of go-to recipes – that are guaranteed to be tasty, and go down well with the little ones – that is just what a harried mother of a toddler needs when stuck for ideas. With attractive photography, and cute, child-friendly design, this is as much eye candy as it is a friendly kitchen companion.

Dhs65, available at all leading bookstores and Spinneys outlets



Simply Lebanese by Ina'am Atalla (Garnet Publishing Ltd) – paperback edition

This UK-published book, by popular London restaurateur Atalla (of Al Bustan restaurant fame), is clearly tailored for a British audience – where Lebanese cuisine and ingredients are nowhere as ubiquitous as they are here. The book is nonetheless a useful companion for anyone wanting to dip their toes into this fresh, flavoursome cuisine. A comprehensive collection of recipes, you'll find the usual suspects such as Hummous, Tabbouleh and Grilled meats, as well as some lesser known dishes such as Stuffed carrots and Spinach stew. The chapter division is slightly confusing – with Main dishes (mostly chicken) being separated from Fish and Grills, and two chapters being dedicated to Mezze – but that is exactly what captures the essence of Lebanese cooking. It isn't necessarily structured into courses, with one meal disappearing into another, and relaxed mezze sessions turning into complete meals. The Bread and pizza section is a mouthwatering highlight!

From Dhs43, available at amazon.com



★ **100 best fresh soups** (Parragon Books)

Ah, soup. That oft-maligned, overlooked dish that could well fulfill appetites and nutritional needs in a simple, one-pot swoop. Not just comfort food for the ill, soup can be as much of a cooling summer appetiser as it can be a gourmet dinner party starter, or a filling weeknight supper. And this book celebrates just that, with an array of delectable recipes – from the well-known minestrone and gazpacho, to the more exotic Prawn laksa, Duck with spring onion, or Genoese fish soup. With beautiful accompanying photographs, the recipes are divided under Classic; Hearty; Spicy; Light & refreshing; and Luxury, with a separate chapter dedicated to accompaniments, which covers croutons, and different kinds of breads. If nothing else, this book is an education on how universal soup is, featuring in almost every cuisine around the world.

Dhs38, at Jashanmal Bookstores



The Doha diaries

Our Doha-based columnist has his finger on the pulse of the city's foodie scene.

The latest food news and happenings in the city.

Desert farming

Today in Qatar, a staggering 90 per cent of the food we consume comes from outside the country. Flying in to Doha International Airport and gazing out of the window as you land, it's not hard to see why produce has a hard time growing here. Fluctuating prices and an unstable supply are costs that we pay for on a daily basis, when living in a country without its own supply chain. Last year, in a bid to stabilise rising food prices at home, Saudi Arabia, without warning, banned all exports of chicken. The vast majority of Qatar's chicken came, and still does, from Saudi. Months went by, as it appeared surprisingly hard to find a new reliable source of chicken to supply the whole country.

The government seems to be taking food security pretty seriously and has put plans in place to build 1,400 farms in the next 10 years, covering a massive area of 45,000 hectares (that's as much as 60,000 football pitches) as part of a strategy to become food self sufficient. According to The Qatar National Food Security Programme, "2023 is when we should have been able to be food secure".

What's encouraging is that small steps in the right direction – of sustainability and local farming – are being taken already. In the north of the country, the Alfardan group, which owns restaurants, has planted a large scale organic farm, to grow produce that will supply many of their restaurants – and other large companies are also following suit.

During the winter months, if you head up the Salwa Road, you'll find the weekday fruit and veg market where farmers sell direct to grocery stores, but the likes of you and me are also welcome. If you head up there mid-morning, you'll find a fresh selection; not everything is local however, so you'll have to keep your eyes peeled.

It's not just fruit and vegetables, supporting local produce means meat and seafood as well – and that's where being a coastal country has its benefits. The Al Khor Fish Market, a relic of old Qatar, is a hidden gem where you can pick up fresh fish at a snitch. Get down there for around 7am and you'll witness a spectacle of hundreds of fishing boats coming in to dock with scores of fresh crayfish, crab, sheri and more (arrive at 10am, on the other hand, and all you'll find will be a solitary squid making a bid for freedom as it slaps around on the market floor). Prices are the lowest you'll find in the country, and if you rock up before 6am, you can approach the fishermen as they dock and buy fresh from the boat, at even lower prices.

Qatar has a long way to go when it comes to sustainability, but the strides it is making in other arenas, makes me believe it is a matter of time. Roll on 2023! - Jonathan Parsons is co-owner and editor of Qatar's largest online restaurant guide, www.diningindoha.com.

Saucy lunch

Barbecue season is almost here! But since it's still hot outdoors, we'll be indulging in a selection of barbecue steaks, burger, fish and hot dogs, at the Friday Barbecue bazaar lunch at Flying Carpet restaurant, The Torch Doha. *From QR195 per person, call +974-44465600.*



Pots of mussels

The Mussels and Pomme frites offer at The Cellar, Oryx Rotana Doha, is the place to share a bowl of steaming black mussels doused in traditional garlic or white wine sauce and crispy fries, with a bunch of family and friends, any day of the week. *À la carte prices, call +974-44023333.*

Asian extravaganza

The W Doha's Spice Market restaurant will take you on a gastronomic journey with the Tasting menu which includes black pepper shrimp with sun dried pineapple, Mongolian lamb satay, ginger fried rice and Thai jewels and fruits with crushed coconut ice. *QR500 for two, including a bottle of wine from the set menu. Call +974-44535135.*





Celebration&Brunch

Every occasion can be turned into a celebration – like hosting a festive brunch and giving it celebratory touches of your own, with a little help from our standout serveware and tableware.

You'll love setting up as much as serving up.

Crate&Barrel
Mall of the Emirates | Mirdif City Centre

Benjarong

ROYAL THAI CUISINE



Benjarong in a Bento!

Time is precious and business is essential. Put oomph to your lunch meetings with Benjarong's Royal Bento and anticipate a promise of an authentic Thai dining experience with a variety of dishes to choose from to complete your three-course feast.

Available for dine-in or dine-out priced at AED 120.



www.Dusit.com

Call +971 4 317 4515 for table reservations.
Email: dine.dtdu@dusit.com

Dusit Thani
DUBAI

Tried & tasted

Each month, we review two of the city's top tables.

Contemporary Japanese



Where: Sake no hana Dubai,
Souq al Bahar

What's it like: Tucked away in a corner of the souq, the restaurant isn't the easiest to find. But when you do find it, it's like an Alice in wonderland experience, as the doors open up to reveal a

cavernous space including a lounge area, walking through which takes you to the restaurant. The stylishly contemporary and minimalist décor, with Ikea-style light wood furniture, is brightened up with accents of Japanese kitsch. Sushi lovers can enjoy plenty of options here, but being in the mood to try something different, my dining partner and I chose the lobster tempura coated in wasabi mayonnaise (from the lounge menu), and a crispy soft shell crab salad with pomelo and pomegranate, served on a bed of leafy greens to share. Any ambitions of healthy eating went out the window as we polished off the deep fried goodness of the seafood in minutes, washed down by a delicious sake cocktail. For mains, the black cod with spiced miso and seasonal vegetables was a no-brainer – black cod is, after all, the litmus test when it comes to contemporary Japanese restaurants in Dubai. And, this one didn't disappoint – the silky fish literally melting in the mouth, amidst a miso-led explosion of flavours. The succulent grilled wagyu, served in bite-sized cubes with radish ponzu sauce and sautéed wild mushrooms, while a nice enough dish in its own right, sadly paled in comparison. We didn't think we'd have room for dessert, but the jasmine-infused chocolate mousse served with an über-chocolatey ice cream that we shared, somehow managed to get consumed almost completely, it was that good. A fresh, new alternative to the Japanese lounge scene that is so popular in Dubai, Sake no hana has lots of potential, if you can look past the minor teething issues with service it seems to be experiencing.

If you want to go: Approximate price for dinner for two is Dhs600, without drinks. Call 04-4327808.

Best for:
Fun night out
with friends

- Sudeshna Ghosh



Where: Fazaris, The Address Downtown Dubai

What's it like: An all-day dining hotel restaurant is probably not the first choice that comes to mind when you crave sushi. But, Fazaris' recent menu makeover, which now includes only Italian dishes and sushi is definitely one to try. Marine themed interiors, seen in the jellyfish-style ceiling lamps, shimmery gold pillars, and white couches exude a relaxed elegant vibe that seem to suit both cuisines equally.

Instead of choosing our favourite Japanese appetisers, my partner and I tried the Tempura Udon from the concise menu. The broth with slippery soba noodles, shitake, nori slices, and eggplant tempura was served warm, but heavy to begin with. Up next was a Signature fountain, and Blow-torched dynamite roll which were presented on a wooden plank with wasabi and ginger slices on the side. We weren't sure what to expect, but both rolls offered an orchestra of flavours. The fountain roll was a heavenly combination that resembled a fountain, with drizzled teriyaki sauce flowing down. The crunchiness of the cucumber, sweetness of the teriyaki, soft cream cheese, and wagyu beef on the outside made every ingredient stand out – we loved the uniqueness of this roll! The Blow-torched dynamite roll on the other hand, was lip-smacking, to the point where we saved a bit for the end, so that the taste would linger until dessert. The salmon, avocado, cucumber and pickled relish stuffed roll, is covered in deep-fried nori, with a dollop of creamy, buttery mayo, a flicker of teriyaki sauce and fried tempura on top. Desserts included a selection of green tea, lychee, and chocolate and coconut flavoured mochi ice creams, a Japanese specialty, made from pounded sticky rice and ice cream filling. Presented to look like a traditional Japanese river boat, the ice creams were served with edible flowers, on a leaf on a black plate, and offered a subtly flavoured end to the meal.

Best for:
A sushi fest with
a difference

If you want to go: Approximately Dhs200 for two, food only. Call 04-8883444.

- Nicola Monteath

Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✴ Latino flair

Gear up for the Friday brunch frenzy at Café Habana's Fiesta brunch, which features unlimited sharing platters of signature dishes such as shrimp tacos, chicken quesadilla and steak enchilada, which perfectly complement the refreshing cocktails. Cuban tunes and beats from the live band and resident DJ will ensure you get a true taste of Havana.

From Dhs195 per person. Call 04-4222620.



✴ Breakfast at The One

Treat a friend and yourself to smoked salmon bilinis and other breakfast treats at The One Deli, and pay for the price of one.

Available daily, call 02-6816500 or 04-3456687.

✴ Seal the deal over tea!

Give your next Media City meeting a sophisticated touch, or take a mid-week break with afternoon tea at Urban Bistro. The newly introduced concept offers colourful mini sandwiches such as coronation chicken, smoked salmon with avocado, cucumber and artichoke, and tomato and cream cheese, plus scones, tartlets and seriously decadent chocolate truffles, all washed down by a selection of teas and coffees.

Available daily, Dhs65 per person. Located in CNN building, call 04-3624330.



✴ The best of both worlds

Why choose between seafood and meat, when you can have both? Head to Wheeler's of St. James Dubai, DIFC, for Surf and Turf on Saturday evenings to try a whole grilled lobster and 360g fillet of beef served with French fries, Béarnaise sauce, salad and dessert. The meal for two comes with four bottles of beer or a bottle of wine.

Dhs350 for two, call 04-3860899.



✴ D-I-Y dining

Gather a few friends and head to Miyako, Hyatt Regency, to try Shabu-Shabu, a hot pot which can be cooked right at the table. The three-course meal includes a sashimi starter, rib eye slices and vegetables to cook in the hotpot, as well as Japanese desserts such as green tea ice cream.

Available everyday, Dhs270 for two. Call 04-3172222.

✴ Chinese festivities

Celebrate the Moon Cake festival at Zheng He's, Madinat Jumeirah, to try the set menu which includes wok fried chicken breast and sautéed beef fillet for lunch, and oven baked cod fish, Cantonese duck and lamb rack for dinner. A traditional lion dance will take place on September 19, while live Guzheng music will entertain diners through the week. Available from September 15-21, Dhs388 per person. Call 04-3666730.



★ Grill it!

Feast on grilled, juicy whole lobster, tiger prawns and sea scallops in champagne sauce at Seafood Market, Le Meridien Dubai, for their Grilled shell fish promotion.
Available from September 12-27, from Dhs220 per dish. Call 04-7042255.

★ Comfort food

The next time a burger craving kicks in, try the cheeky new America, Sup? Burger at Burger Fuel, made of 100 per cent New Zealand grass fed beef, hash browns, bacon, melted cheddar, fresh handmade salad, aioli and sweet tomato relish – delish!

Call 04-3253416.



★ Taste of Levant

Pair Lebanese mezze with bubbly at the Sparkling Thursday night at Sambusek, Rosewood Abu Dhabi, and enjoy an Arabic-themed night out with the girls.

For Dhs500 per person, call 02-8135552.



★ From America to Asia

Ruth's Chris steakhouse has launched an all-new Prime bar menu featuring a selection of dishes with an Asian and American twist. The à la carte menu has been created with the sharing concept in mind, so dine with friends and share sesame teriyaki beef skewers, five spice beef sliders topped with wasabi mayonnaise, roasted bell pepper pesto and honey mustard, and the old favourite, Voodoo shrimp in spicy sriracha sauce.

Available daily, call 04-4549538.

★ Mushroom madness

Chef de cuisine Simon Wipf from Traiteur, Park Hyatt Dubai, has added a selection of mushroom dishes to the à la carte menu, to celebrate the new season. Highlights of the menu include roasted duck with black trumpet mushrooms and elderflower jus, and butter poached halibut with wild mushroom pot au feu and orange confit. Diners ordering one starter and main from the mushroom specialty menu can enjoy three complimentary cheeses from the show kitchen display.

From September 28 to October 18, call 04-6021234.

★ Sensory meal

Let your four senses take the lead as you savour a three-course set menu in the dark at the Noire at Spectrum on One experience at Fairmont The Palm. Make your way through the completely blacked out restaurant, with the help of night vision-goggled staff, before you eagerly wait for your courses and paired beverages to arrive.

Spectrum on One will donate Dhs27 from each dinner to Sightsavers – an eyesight restoration and blindness prevention organisation.

Friday to Monday evenings, Dhs325 per person, call 04-3118316.



★ Extreme makeover

Sushi lovers can head to the recently refurbished Sushi restaurant at Grand Hyatt Dubai, to try a selection of new dishes from the menu such as Ramen noodles, eggplant and pumpkin tempura and yakimono – grilled chicken skewer and black cod – cooked at the all-new grill counter.

Available daily, call 04-3172222.



Mystic Pizza.



Media
Rotana
Dubai

Presenting Chef Danilo Sangrigoli.

Be witness to an amazing show from the kitchen to the table as acclaimed chef Danilo Sangrigoli brings the magic of pizza to Prego's. Marvel at the acrobatic show of pizza tossing and twirls by this World Pizza Champion as he entertainingly whips up the finest authentic oven-crisp pizzas. Join us at Prego's from 1st to 5th October 2013 for an unforgettable week that's a treat for all taste's.

PREGO'S
CUCINA • ENOTECA ITALIANA

For reservations or more information, please contact us on +971 (0)4 435 0000
or via email at media.dubai@rotana.com

Home Cooking

Inspiring recipes for easy
everyday meals and stylish
weekend entertaining

IN THIS SECTION



* Smart weeknight
suppers, P24



* Pack a nutrition
punch in your
child's lunch, P34



* A sharing menu
for friends, P50



Fig & prosciutto
pizzezzas, recipe p58

Make it tonight

Fast supper fixes for the week. Recipes LUCY NETHERTON and CASSIE BEST Photographs SAM STOWELL and LIS PARSONS

Butternut & broccoli super salad with mackerel

SERVES 2 • PREP 15 MINS • COOK 25 MINS **Easy** **Vit C** **Omega-3**

- 1 tsp vinegar
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 200g butternut squash (about ½ small squash), cut into 2cm chunks
- 85g green beans, trimmed and halved
- 140g thin-stemmed broccoli, halved vertically
- 1 tbsp pumpkin seeds
- 4 x mackerel fillets, bones removed

1 Whisk the vinegar, mustard, 2 tsp of the oil and a little seasoning together in a large bowl.

2 Bring a large pan of salted water to the boil and heat the remaining oil in a large frying pan. Add the squash to the frying pan, season and cook, stirring, for 12-15 mins. Add the beans to the water, cook for 1 min, then add the broccoli and cook for 3 mins more. Drain well.

3 Tip the squash into the bowl with the dressing. Add the beans, broccoli and pumpkin seeds, toss well to combine and set aside. Cook the fish in the frying pan, skin-side down, for 2 mins, then flip over and cook for a further 1-2 mins until cooked through.

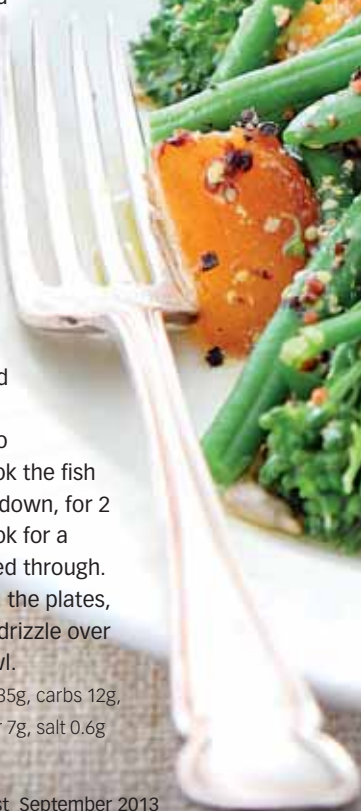
4 Divide the salad between the plates, top with the mackerel and drizzle over any dressing left in the bowl.

PER SERVING 501 kcal, protein 35g, carbs 12g, fat 35g, sat fat 7g, fibre 5g, sugar 7g, salt 0.6g

HEALTH BENEFITS

Brimming with protective antioxidants, this satisfying salad combines ingredients rich in vitamin E, like pumpkin seeds, with vitamin C-rich broccoli – these two vitamins have a more powerful effect together rather than on their own.

Oily fish like mackerel are rich in heart-friendly omega-3 fatty acids, and using fresh (not smoked) fish keeps salt levels to a minimum.



Mac 'n' hock-a-roni cheeseSERVES 4 ● PREP 5 MINS ● COOK 25
MINS **Easy**  **P** **Calcium**

400g macaroni
 140g frozen peas
 140g light mascarpone
 1 heaped tbsp English mustard
 14g Gruyère or cheddar, grated
 2 packs pulled ham hock
 or 175g shredded ham
 4-6 tbsp dried breadcrumbs

1 Cook the macaroni following pack instructions, adding the peas for the final 3 mins. Drain, reserving a mug of cooking water, then tip the macaroni and peas back into the pan.

2 Heat grill to medium. Put the pan back on the heat and tip in the mascarpone, mustard and most of cheese. Mix well and add enough of the reserved cooking water to make a creamy sauce that coats the pasta without it looking dry. Stir in the ham and season to taste.

3 Tip into an ovenproof dish and scatter over the breadcrumbs and remaining cheese, then grill for 5 mins until golden.

PER SERVING 717 kcals, protein 37g, carbs 86g, fat 24g, sat fat 14g, fibre 9g, sugar 5g, salt 2.7g

Make a cheat's sauce



Cheap and packed
with flavour

**Penne with chorizo
& broccoli**SERVES 4 ● PREP 5 MINS ● COOK
20 MINS **Easy**  **P** **Folate** **Vit C** **1 of 5-a-day**

400g penne
 Small head of broccoli, broken
 into small florets
 200g cooking chorizo, diced
 2 garlic cloves, crushed
 1 tbsp fennel seeds
 200g low-fat cream cheese
 with garlic & herbs
 Parmesan and rocket leaves,
 to serve

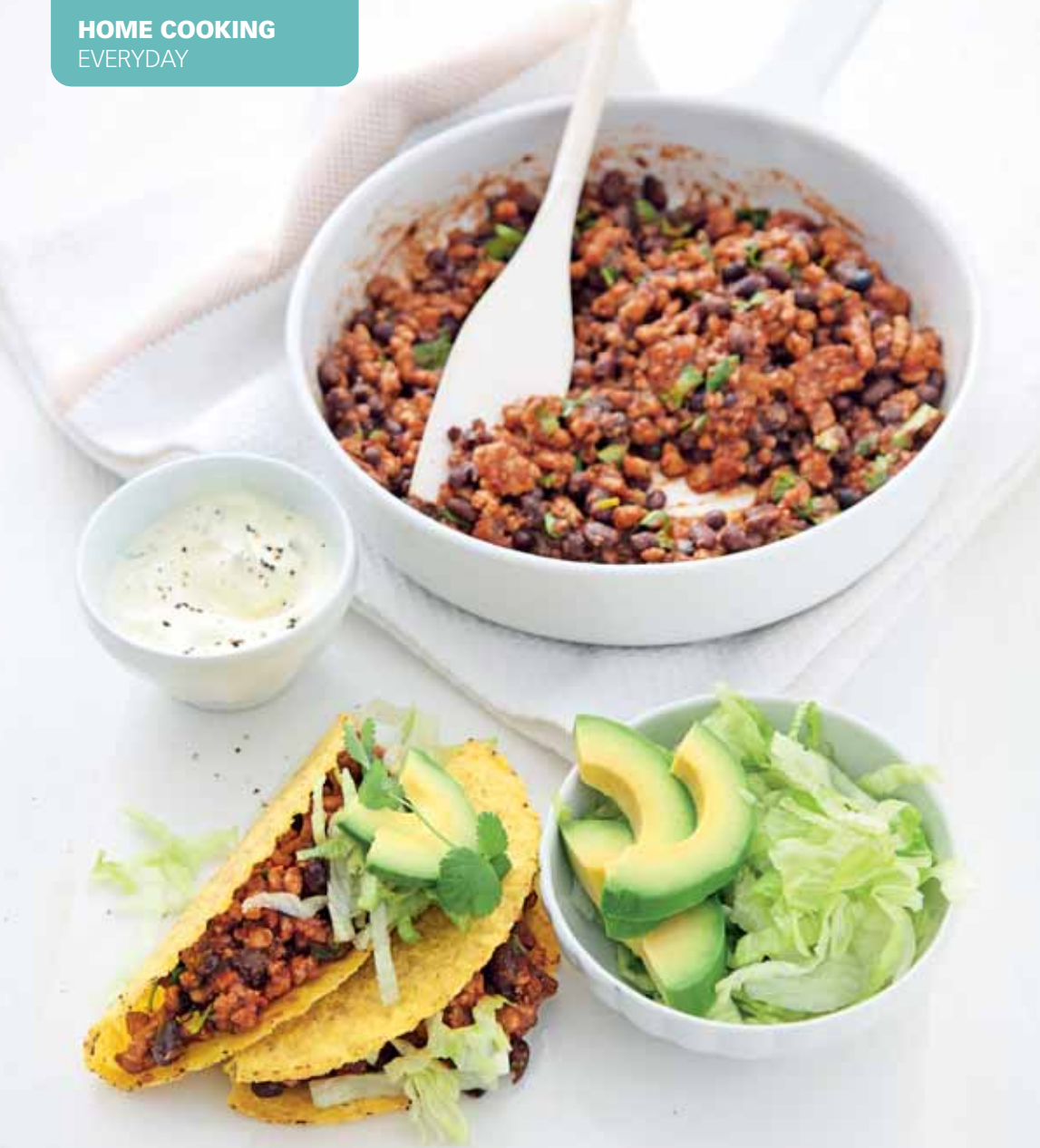
1 Cook the penne following pack instructions, adding the broccoli for

the final 3 mins. When cooked, drain, reserving a splash of the cooking water.

2 Meanwhile, fry the chorizo in a large dry frying pan until it starts to turn golden and release its oils. Add the garlic and fennel seeds, and cook for 1 min more. When the penne is cooked, tip it into the pan with the chorizo. Add the cream cheese, stir together until melted, adding a splash of the reserved cooking water so the sauce coats the pasta.

3 Serve in bowls, scattered with a few rocket leaves and some grated Parmesan, if you like.

PER SERVING 541 kcals, protein 32g, carbs 60g, fat 19g, sat fat 8g, fibre 4g, sugar 7g, salt 1.5g >>



Smoky beef & black bean tacos

SERVES 4 • PREP 10 MINS • COOK 15 MINS **Easy** **M** MINCE ONLY

Fibre 2 of 5-a-day

2 tsp vegetable oil
½ red onion, chopped
2 tsp each smoked paprika and ground cumin
500g pack lean beef mince
300ml passata
5 tbsp barbecue sauce
400g can black beans, drained
Small bunch of coriander, chopped
8 taco shells
1 ripe avocado, peeled and sliced
½ iceberg lettuce, finely shredded
Soured cream, to serve (optional)

1 Heat the oil in a large frying pan, add the onion and cook for 5 mins until softened. Sprinkle over the spices and cook for 1 min more. Add the mince, breaking it up with the back of a wooden spoon, and stir until cooked through.
2 Stir the passata and barbecue sauce into the pan along with 4 tbsp water. Increase the heat and allow the sauce to bubble and reduce until it clings to the meat. Add the beans, season and cook for a further 2 mins, then stir in the coriander. Heat the tacos following pack instructions.
3 Use the pork and bean mix to fill the tacos, top with slices of avocado, shredded iceberg lettuce and a dollop of soured cream, if you like.
PER SERVING 592 kcal, protein 38g, carbs 45g, fat 29g, sat fat 7g, fibre 10g, sugar 12g, salt 1.4g



Sausage & prawn jambalaya

SERVES 4 • PREP 10 MINS • COOK 35 MINS **Easy** **Vit C** 2 of 5-a-day

6 good-quality beef sausages
Sunflower oil, for frying
1 onion, chopped
1 red pepper, chopped
2 garlic cloves, crushed
1 tbsp sweet smoked paprika
250g easy-cook long-grain rice
400g can chopped tomatoes with garlic and herbs
400-500ml chicken stock
260g king prawns, cooked and peeled

1 Fry the sausages in a large, deep, lidded frying pan until golden all over, then remove and set aside. Heat a little oil (unless there is enough fat from the sausages already in the pan) and gently cook the onion for 5 mins until soft.
2 Add the pepper, garlic and paprika, and cook for a few mins more, then stir in the rice, mixing to coat all the grains well. Tip in the tomatoes and enough stock to just cover the rice. Simmer with the lid on for about 10-12 mins until the rice is tender. Add more stock if you need to during cooking.
3 About 5 mins before the end of the cooking time, slice the sausages and return them to the pan. Cover and continue to cook until the rice is tender. Stir through the prawns, put the lid on and leave to heat through. Season and serve immediately.
PER SERVING 626 kcal, protein 32g, carbs 74g, fat 21g, sat fat 7g, fibre 4g, sugar 9g, salt 2.9g **GF**



Where opposites attract

Italy and Japan may seem like polar opposites, but both nations share a love of fresh, flavourful food made from the finest ingredients. Our Japanese and Italian menu pulls together the best-loved creations from two of the world's most healthy cuisines.

FAZARIS

Open for breakfast, lunch and dinner

The Address Downtown Dubai
+971 4 888 3444 | dine@theaddress.com
www.theaddress.com

The sky isn't the limit.

Sunset brunch every Friday
from 5:30pm until 9:00pm
AED 350 per person with selected beverages



PURE

SKY LOUNGE

Pure Sky Lounge at Hilton Dubai Jumeirah | The Walk, JBR | 04-378 7888
pureskylounge@hilton.com | facebook.com/PureSkyLounge | www.dxb dining.com



A week of healthy suppers

Five speedy meals to keep you on track with eating well. Recipes JENNIFER JOYCE
Photographs DAVID MUNNS

Wholewheat pasta with broccoli & almonds

SERVES 2 • PREP 5 MINS • COOK 15

MINS **Easy**   **Folate** **Fibre** **Vit C**

1 of 5-a-day **Good for you**

2 tbsp extra virgin olive oil
1 red chilli, deseeded and sliced
(add extra chilli if you like it hot)
3 garlic cloves, thinly sliced
250g wholewheat spaghetti
300g thin-stemmed broccoli,
cut into pieces
Zest of 1 lemon
25g flaked toasted almonds
Parmesan shavings (or vegetarian alternative), to serve

1 Bring a large pan of salted water to the boil. Meanwhile, heat the olive oil in a large frying pan. Add the chilli and garlic, and cook on a low heat until golden. Remove from the heat.

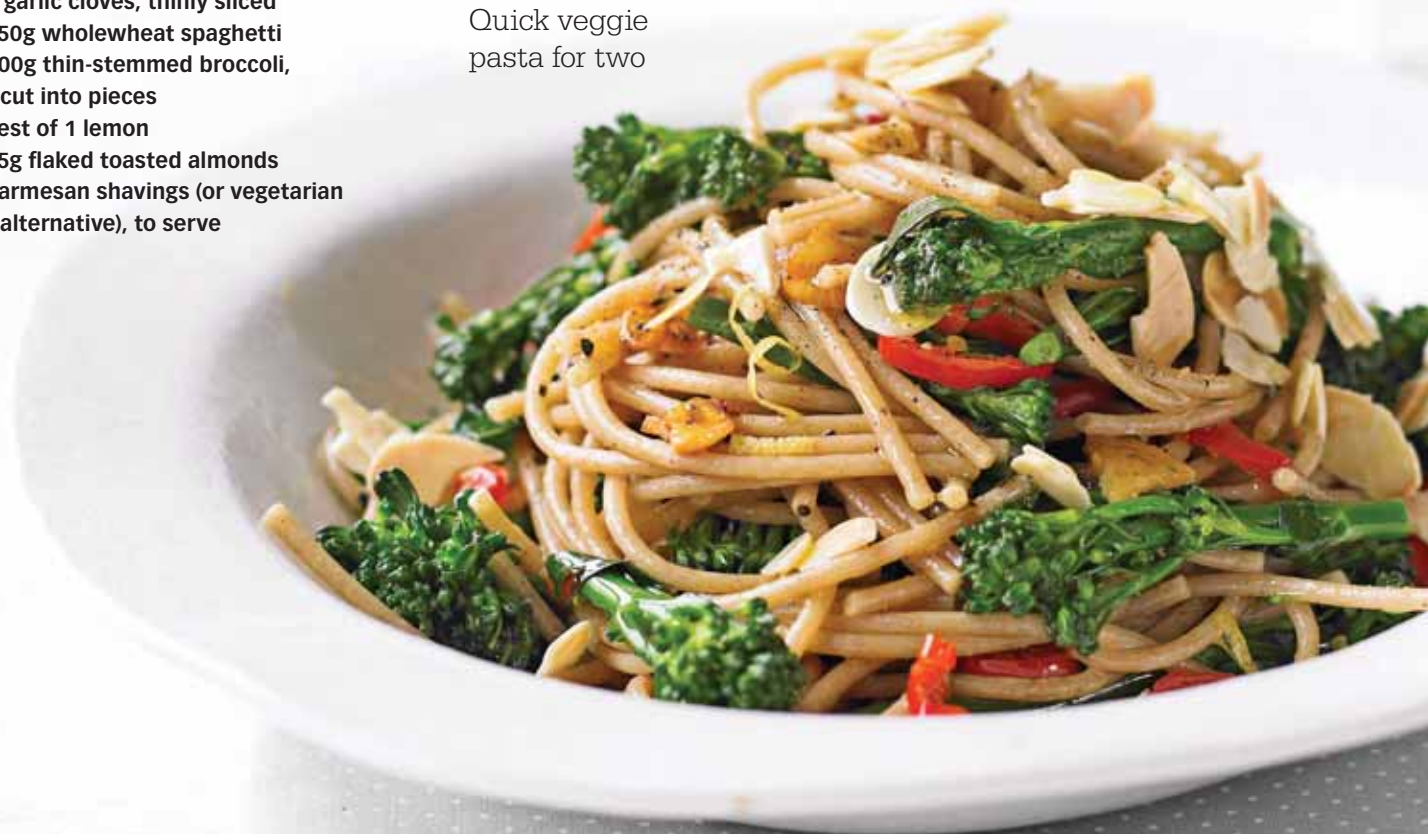
2 Add the pasta to the water and cook following pack instructions. In the final

4 mins of cooking, add the broccoli.

Once cooked, drain and tip into the garlic pan. Add the lemon zest and almonds, and toss together well. Serve in bowls, topped with Parmesan shavings.

PER SERVING 638 kcals, protein 26g, carbs 82g, fat 23g, sat fat 3g, fibre 16g, sugar 6g, salt none >>

Quick veggie
pasta for two





Japanese twist on
a favourite treat

Miso chilli steak with crispy sweet potatoes

SERVES 2 • PREP 5 MINS • COOK 25
MINS **Easy** **Fibre** **Vit C** **Iron** **1 of 5-a-day**

- 2 large sweet potatoes,
cut into wedges
- 1 tbsp vegetable oil,
plus a little extra
- 1 tbsp sesame seeds
- 1 tbsp miso paste
- Juice of 1 lemon
- 1 tbsp hot chilli sauce
(sriracha is nice)
- 1 tbsp mirin
- 2 bavette or other lean steaks
(about 200g each)
- Large handful of watercress
leaves, to serve

1 Heat oven to 200C/180C fan. Put the potato wedges on a baking tray and rub with the oil. Sprinkle the sesame seeds and some seasoning over. Bake for 25 mins or until crisp at the edges.

2 In a small bowl, mix together the miso, lemon juice, chilli sauce and mirin. Rub the steaks with a tiny bit of oil and some seasoning. Spoon 1 tbsp of the sauce over each steak and rub into both sides. **3** Heat a griddle pan until really hot, cook the steaks for 2 mins each side, or longer if you prefer it well done. Brush more of the sauce over after you turn them. Transfer to a plate, cover loosely with foil, and leave to rest for 5 mins. Serve the steaks sliced, with extra sauce, the potatoes and watercress.

PER SERVING 582 kcal, protein 47g, carbs 47g, fat 23g, sat fat 7g, fibre 8g, sugar 16g, salt 1.1g



Any leftovers make
a great lunch

Bulghar wheat, date & clementine salad

SERVES 2 • PREP 15 MINS • NO COOK

Easy **V** **Calcium** **Folate** **Fibre** **Vit C** **Iron**
3 of 5-a-day

- 140g bulghar wheat
- 1 tsp each ground allspice and
ground cumin
- 6 stoned dates, chopped
- Small handful of parsley, chopped
- 400g can chickpeas, drained
- 2 tbsp flaked toasted almonds
- 100g bag baby spinach
- 2 clementines, peel removed, sliced
- FOR THE DRESSING**
- Juice of 1 lemon
- 2 tbsp vinegar
- 2 tbsp extra virgin olive oil

1 Put the bulghar wheat and spices in a large bowl, season with salt and pour over 140ml boiling water. Cover with cling film and leave to sit for 10 mins. Fluff with a fork, then add the chopped dates, parsley, chickpeas and most of the almonds. Pour the dressing ingredients into a glass jar with a fitted lid and add some seasoning. Shake well and pour over the salad.

2 Just before eating, mix the spinach through, top with the clementine slices and scatter with the remaining almonds.

PER SERVING 765 kcal, protein 19g, carbs 114g, fat 23g, sat fat 3g, fibre 10g, sugar 42g, salt 1.1g

Teriyaki chicken meatballs with rice & greens

SERVES 4 ● PREP 15 MINS ● COOK 10 MINS **Easy** **Low cal** **Low fat** **Vit C** **1 of 5-a-day**

2 shallots
1 carrot, cut into chunks
500g boneless, skinless chicken breasts or thighs, cut into chunks
Zest and juice of 1 lemon
A little oil
200g basmati rice
200g spring greens, chopped
100ml mirin
3 tbsp soy sauce
3 tbsp caster sugar

1 Heat oven to 200C/180C fan. Pulse the shallots and carrot in a food processor until finely chopped. Add the chicken, lemon zest and some seasoning, and pulse again until mixed. Using oiled hands, shape into small meatballs. Put on a baking tray lined with baking parchment and bake for 10 mins until browned and cooked through.

2 Meanwhile, boil the rice following pack instructions, adding the spring greens for the final 4 mins. Drain well.

3 Add the mirin, soy, lemon juice and sugar to a saucepan. Bring to the boil, then simmer until saucy. Remove from the heat, add the meatballs to the pan and roll them around in the sauce. Divide the rice and greens between plates or bowls and spoon the meatballs over.

PER SERVING 481 kcals, protein 36g, carbs 70g, fat 2g, sat fat 1g, fibre 3g, sugar 28g, salt 2.3g



Satisfying one-pot

Prawn & tomato stew with gremolata topping

SERVES 4 ● PREP 10 MINS ● COOK 35 MINS **Easy** **Low cal** **Low fat** **Vit C** **1 of 5-a-day**
Good for you

500g new potatoes
2 tbsp olive oil
1 large onion, sliced
4 celery sticks, cut into pieces
2 garlic cloves, chopped
2 anchovy fillets, chopped
Pinch of chilli flakes
400g can chopped tomatoes
250ml white wine
200ml vegetable stock
400g raw king prawns, peeled
Zest and juice of 1 lemon
1 tsp salted baby capers, rinsed
Large handful of parsley, chopped
toasted bread, to serve

1 Put the potatoes in a saucepan of cold salted water and bring to the boil. Reduce the heat to medium and simmer for 15-20 mins or until cooked but still firm. Drain and, when cool enough to handle, thickly slice.

2 Meanwhile, heat the oil in a large saucepan over a low-medium heat. Add the onion, celery, garlic, anchovy and chilli, season and cook for 8 mins or until softened. Increase the heat to medium-high, add the tomatoes, wine and stock, and cook for 15 mins. Add the prawns, lemon juice, capers and potatoes. Cook for 5 mins more, or until the prawns turn pink and are just cooked. Mix together the parsley and lemon zest, then scatter over the stew, then serve with toasted bread, for dunking.

PER SERVING 308 kcals, protein 22g, carbs 29g, fat 7g, sat fat 1g, fibre 5g, sugar 10g, salt 1.0g

5 ways to perk up porridge

Give breakfast a tasty, healthy spin.

Recipes CASSIE BEST Photograph DAVID MUNNS

Maple granola crunch

SERVES 15 ● PREP 10 MINS ● COOK 45 MINS

Easy  Good for you

Heat oven to 180C/160C fan. Roughly blitz **140g blanched hazelnuts, 50g pumpkin seeds, 50g sunflower seeds, 50g cashew nuts, 25g pine nuts** and **4 sliced Medjool dates** in a food processor (or bash with a rolling pin in a sandwich bag), and transfer to a bowl.

Bring **75ml maple syrup, 25g soft brown sugar** and **1 tbsp olive oil** to boil in a small saucepan. Pour over the granola and stir well. Spread onto a large baking sheet and bake for 35-40 mins, turning regularly, until golden brown.

Leave to cool in a large bowl before serving sprinkled over your oats. *Keeps for 1 week.*

PER SERVING 293 kcals, protein 10g, carbs 25g, fat 15g, sat fat 2g, fibre 5g, sugar 12g, salt 0.1g

Maple granola
crunch

Banana, chocolate & peanut butter

SERVES 6 ● PREP 5 MINS ● NO COOK

Easy  Low fat

Break up **100g dark (70% cocoa) chocolate** into little chunks. Add to a bowl with **2 large (or 3 small) ripe sliced bananas, 3 tbsp peanut butter, 50g soft brown sugar, ½ tsp ground cloves** and a **pinch of salt**. Mix briefly before spooning over your porridge.

PER SERVING 298 kcals, protein 9g, carbs 39g, fat 10g, sat fat 4g, fibre 3g, sugar 26g, salt 0.2g

Moroccan orange, almond & rose

SERVES 6 ● PREP 10 MINS ● NO COOK



Easy  Low fat 

Segment **2 large (or 3 small) oranges** and add to a bowl with **50g icing sugar, ½ tsp rose water** and **½ tsp vanilla extract**. *Keeps for 1 week.* Stir though **100g toasted flaked almonds** before using to top your porridge.

PER SERVING 278 kcals, protein 10g, carbs 28g, fat 12g, sat fat 2g, fibre 4g, sugar 16g, salt 0.1g

Apple, blackberry & walnut

SERVES 6 ● PREP 5 MINS ● COOK 5 MINS

Easy  Low cal  Good for you

Heat the **juice** and **zest of ½ lemon** and **1 tbsp caster sugar** in a small saucepan for a few mins until syrupy. Peel, core and cube **2 eating apples** and add to the pan along with **150g blackberries**, and **1 tsp cinnamon**.

Cook on a high heat until the berries begin to burst and compote thickens slightly. Can be served hot or cold with **75g walnut pieces**.

PER SERVING 242 kcals, protein 8g, carbs 21g, fat 12g, sat fat 2g, fibre 5g, sugar 10g, salt 0.1g


Mango, lychee & coconut

SERVES 6 ● PREP 5 MINS ● NO COOK

Easy  Low cal  Low fat 

Peel and roughly slice **1 ripe mango** and layer in a bowl with **400g drained and quartered canned lychees**. Top the fruit with the **juice and zest of ½ lime, 100ml coconut water** and **4 tbsp desiccated coconut**.

Spoon over your porridge, adding any juices from the bowl and drizzling with **agave syrup** to sweeten, if you like.

PER SERVING 245 kcals, protein 7g, carbs 30g, fat 9g, sat fat 6g, fibre 6g, sugar 18g, salt 0.1g 



The tradition of a leading brand



BBC Good Food Me
Awards Winner
Favourite Olive Oil Brand



Rafael Salgado

C/ Ferrocarril, 18 - 2a 28045 - Madrid (SPAIN)

Tel: +34 91666-7875, Fax: +34 91506-3335

www.rafaelsalgado.com



Healthy Lunchbox ideas



These yummy recipes are perfect not just for school lunches, but grown-ups will love them too!



Chicken, carrot & avocado rolls

SERVES 3 LITTLE CHILDREN OR 2 BIGGER ONES • PREP 15 MINS • NO COOK **Easy** **Fibre** **1 of 5-a-day** **Good for you**

75g low-fat soft cheese
3 flour tortillas
1 cooked skinless chicken breast, coarsely shredded
1 large carrot, grated or shredded
1 large avocado, stoned and sliced
Handful of rocket leaves

1 Spread the cheese over the tortillas and top with the chicken, carrot, avocado and rocket.

2 Tightly roll up each tortilla. Wrap tightly in cling film, twisting the ends firmly to seal, and chill until ready.

3 Unwrap and cut each roll into 4 chunks to add to your lunchboxes.

PER SERVING (3) 352 kcals, protein 20g, carbs 29g, fat 17g, sat fat 5g, fibre 6g, sugar 6g, salt 0.7g



Lentil, carrot & ham salad

SERVES 2 • PREP 10 MINS • NO COOK

Easy P Low cal Folate Fibre Vit c 3 of 5-a-day

250g ham, shredded
400g can lentils, drained
2 carrots, finely diced
4 celery sticks, finely diced
Handful of parsley, finely chopped
FOR THE DRESSING
2 tbsp olive oil
2 tbsp vinegar

Good pinch of sugar
1 tsp wholegrain mustard

1 Combine the salad ingredients in a large mixing bowl. To make the dressing, whisk together the ingredients with 1 tbsp water and some seasoning.
2 Pour the dressing over the salad and stir well to combine.

PER SERVING 400 kcals, protein 30g, carbs 24g, fat 19g, sat fat 4g, fibre 9g, sugar 13g, salt 3.7g >>

Bulghar & broad bean salad with zesty dressing

SERVES 1 EASILY DOUBLED • PREP 5 MINS • COOK 20 MINS

Easy P V Low cal Folate Fibre Vit C Iron 3 of 5-a-day

50g bulghar wheat
85g frozen broad beans, defrosted and podded, if you like
6 sugar snap peas, halved lengthways
4 radishes, thinly sliced
½ small red onion, thinly sliced
Small handful of mint leaves
FOR THE DRESSING
Zest and juice of 1 lime
½ small red chilli, deseeded and chopped
1 tbsp extra virgin olive oil
1 tsp white wine vinegar
1 tsp clear honey

1 Cook the bulghar wheat following pack instructions, adding the broad beans for the final 2 mins. Cool under cold running water, drain well, then toss with the sugar snap peas, radishes and red onion.

2 Whisk together the dressing ingredients with some seasoning and toss through the salad. Scatter with the mint leaves.

PER SERVING 443 kcals, protein 17g, carbs 62g, fat 13g, sat fat 2g, fibre 11g, sugar 16g, salt 0.1g



Beetroot, carrot & chickpea pitas with spicy yoghurt

SERVES 2 ● PREP 10 MINS ● NO

COOK **Easy**  **V** **Low fat** **Fibre** **Folate**

1 of 5-a-day **Good for you**

2 large wholemeal pita breads
1 cooked beetroot, grated
1 small carrot, grated
Few mint leaves
200g can cooked chickpeas, drained and rinsed
1 tsp harissa
2 tbsp 0% fat Greek yoghurt

1 Split the pitas in half.
2 In a bowl, mix together the beetroot, carrot, mint and chickpeas, then season.
3 Swirl the harissa into the yoghurt and spread inside the pitas. Fill with the beetroot mixture and wrap up ready for lunch.

PER SERVING 332 kcals, protein 17g, carbs 55g, fat 3g, sat fat 1g, fibre 9g, sugar 9g, salt 1.5g



Lemony three bean & feta salad

SERVES 3 ● PREP 5 MINS

● COOK 12 MINS **Easy**  **V**

Low cal **Low fat** **Folate** **Fibre** **3 of 5-a-day**

200g green beans, trimmed and halved lengthways
200g frozen soya or edamame beans
400g can cannellini beans, drained and rinsed
½ red onion, finely chopped
juice of 1 lemon
Pinch of caster sugar
1 tsp sesame seeds
85g feta, crumbled

1 Cook the green beans and edamame beans together in a pan of boiling water for 3 mins until tender. Drain and cool under cold running water, then drain again and mix with the cannellini beans and red onion.
2 Add the lemon juice, sugar, sesame seeds and seasoning and stir through. Scatter the feta on top, then divide between plates or containers to pack into lunchboxes.

PER SERVING 318 kcals, protein 23g, carbs 31g, fat 12g, sat fat 5g, fibre 7g, sugar 7g, salt 1.7g **GF**

Recipe: CASSIE BEST and SARAH COOK | Photograph: LIS PARSONS | Food styling: SARA BUENFELD AND LIZZIE HARRIS | Styling: LUCY HARVEY AND TONY HUTCHINSON

INTERNATIONAL FOOD HALLS AND DINING



JEAN-PAUL GOUDE POUR AUBERTISTORCH. GLH 572 062 594 RCS PARIS.

Lafayette
GOURMET

LAFAYETTE GOURMET, 2ND FLOOR – GALERIES LAFAYETTE, THE DUBAI MALL

gallerieslafayette-dubai.com

A SMALLER DOOR OUTSIDE A BIGGER WORLD INSIDE



Thoughtfully designed dual access door system featuring a unique panel that you can open with a quick push of a button revealing an unexpected space for better food organisation.

Thanks to the innovative Door-In-Door, you can now conveniently locate and grab your favourite snacks or food items without having to search every corner of your refrigerator. Also, without exposing the entire fridge cavity means cold-air escape is minimised.

 **Door-in-Door™**



www.lg.com/ae



KEY RETAILERS:               

DUBAI: Plug & Play, Deira: 04 228 6777, Jacky's: 04 223 8700, 04 282 2093, 04 341 4858, 04 434 0222, 04 368 5080, Digital Zone: 04 224 2111, E4U: 04 3399072, E City: 04 3245675, Emirates Trading: 04 334 4900, Lutfi Baniyas: 04 223 1063, Perfecta Electronics: 04 353 1786, Sharaf Digital: 04 3534978, Abdulah Mubabrak: 04 222 4232, ABU DHABI: Haleema Trading: 02 672 5299, Golden Age: 02 632 6752, Al Jabri Baniyaas: 02 582 2099, New City Mart: 02 6346333, Saleh Al Zubaidi: 02 583 3862, SHARJAH Al Amain Centre 06-5635993, Hani Exhibition: 06 563 4222, Jacky's: 06 531 6061, Al Wardah Electronics: 06 568 6572, Iqbal Electronics: 06 568 8900, Max: 06 555 1112, FUJAIRAH Al Quamiah Trading: 09 222 2396, Al Shaab Trading: 09 222 9696, KALBA: Hashim Furniture: 09 2778077, KHORFAKKAN Sajida General Trading: 09 2386906, Murad Abdulla Murad: 09 2386100, DIBBA: Al Noor Traders: 09 2443957, Al Ghool Electronics: 09 2443747, RAS AL KHAIMAH Al Rabee'a Trad. Est: 07 2332212, Al Wahabi Elect: 07 2333365, Al Jareh Elect: 07 2283566, Royal Exhibition: 07 2221409, AL AIN: Al Amin Electronic: 03 7641067, Fakon Electronics 03 7660731, Al Hashmi Electronic: 03 7662000.

**AL YOUSUF
ELECTRONICS**



**اليوسف
إلكترونيات**

P.O. Box 25, Dubai, United Arab Emirates, email: lg@alyousuf.com, website: www.alyousuf-electronics.com
SHOWROOMS: **ABU DHABI:** 02 6344553, Fax: 02 631 2347, **DUBAI:** Dubai Mall: 04 339 9191, Fax: 04 339 8381, Ibn Battuta Mall: 04 368 5440, Fax: 04 368 5441, Bur Dubai: 04 359 2305, Fax: 04 359 2657, Mirdiff City Centre: 04 284 3335, Fax: 04 284 3337, **FUJAIRAH:** 09 224 4335, Fax: 09 224 4355, **RAS AL KHAIMAH:** 07 235 6700, Fax: 07 235 6500, **SHARJAH:** 06 568 3987, Fax: 06 568 6237. For Corporate / Institutional or Project inquiries contact Tel: 04 3392455 Fax: 04 3392466 email: lg@alyousuf.com



Salad days

Packing your workday lunch salad in a mason jar is not only practical, but looks good too! These healthy, creative salad-in-a-jar recipes from Walter Donadio, Executive chef of Richy's Salads, just need to be tossed and eaten. Photographs ANAS CHERUR

Spinach and strawberry salad

SERVES 1 • PREP 35 MINS

● NO COOK **Easy**

100-130g turkey ham, sliced in strips
40g radish, sliced
20g spring onions, chopped
30g strawberries, stemmed and sliced
35g goat's cheese
20g walnuts, whole or crushed
60g baby spinach
FOR THE DRESSING
½ tsp salt
2 tbsp honey

2 tbsp fresh ginger, grated
½ cup rice vinegar
½ cup olive oil or corn oil

1 To make the dressing, combine all the ingredients in a blender until mixed well.
2 To layer the salad, pour the dressing into the jar, then add the turkey ham, radish, spring onions, strawberries, goat's cheese, walnuts and baby spinach.



Quinoa, avocado and lime salad

SERVES 1 • PREP 25 MINS

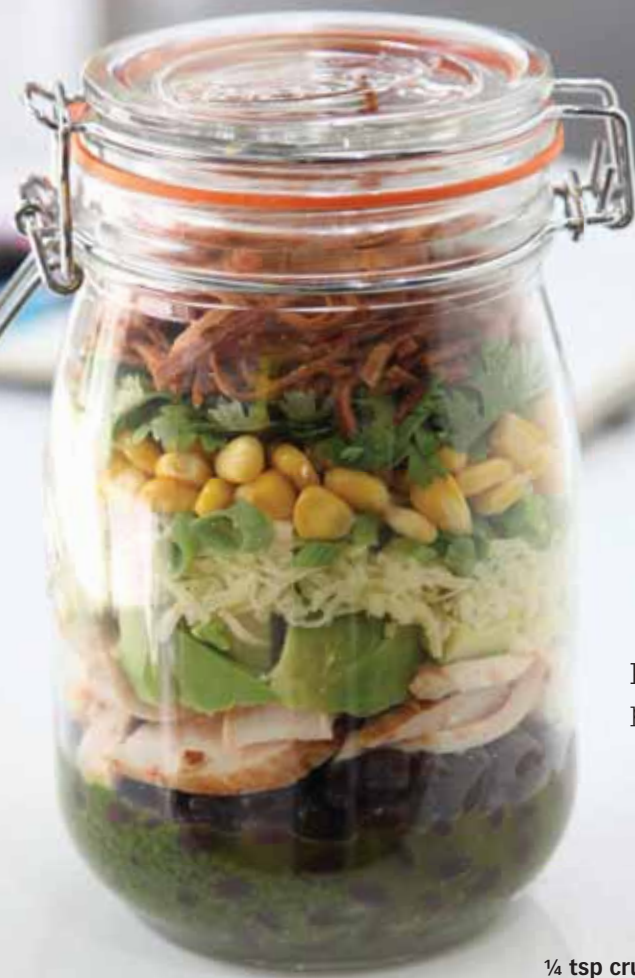
● COOK 20 MINS **Easy** **V**

1 ½ cup quinoa
1 ½ cups of store-bought vegetable broth
½ tsp salt
40g chickpeas, drained
30g cherry tomatoes, halved
1 avocado, halved and diced
20-25g red onions, sliced
½ a bunch of coriander, chopped
50g rocket leaves
FOR THE DRESSING
Juice of 1 lime
Zest of 2 lemons
1/4 tbsp Dijon mustard
½ tbsp olive oil or corn oil
¼ tsp powder cumin
¼ tsp sugar
1 cup baby spinach
Salt and pepper, to taste

1 Rinse the quinoa under running cold water for about 2 mins, drain and let it dry. Boil in vegetable broth and cook covered for 15 mins. Turn off the heat and keep covered for 5 mins. Set aside to cool on a plate.

2 In a blender or food processor, combine all the dressing ingredients except the spinach, pulse until blended well. Then, add the spinach and pulse again to roughly chop it. Season to taste.

3 Layer the salad by adding the dressing at the bottom of the jar. Then add the chickpeas, cherry tomatoes, avocados, onions, quinoa, coriander and rocket. Close tightly and refrigerate if making the night before. >>



Packed with
punchy flavours

Crispy Mexican tortilla salad

SERVES 1 ● PREP 40MINS ● COOK 25
MINS **Easy**

- 1 cup and 1 tbsp corn oil
- 1 chicken breast fillet (around 80g)
- 1 flour tortilla (6-8cm)
- 40g black beans, drained
- ½ an avocado, diced
- 35-40g cheddar cheese, shredded
- 10-15g spring onions, chopped
- 30g corn kernels, either fresh or canned
- ¼ cup cilantro leaves
- FOR THE DRESSING**
- 10g flat parsley leaves
- 10g basil leaves
- 10g coriander leaves
- 2 tsp dried zaatar or fresh oregano
- 3 garlic cloves
- ½ tsp ground cumin
- ¼ tsp red pepper flakes

- ¼ tsp crushed fresh black pepper
- 2 tbsp red or white wine vinegar
- ½ tsp salt

- 1** Heat oil in a large skillet over high heat. Season chicken with salt and pepper. Cook until golden brown, for about 1 to 2 mins per side. Remove from skillet and let cool. Cut chicken into strips, set aside.
- 2** Cut the tortillas into thin strips (2-3 mm thick by 4-5cm long). Heat oil to 190C. When the oil starts to lightly smoke, add the tortilla strips and fry, tossing to get an even golden colour. Remove with a slotted spoon, and drain over a kitchen towel.
- 3** To make the dressing, remove the stems from the parsley, basil, coriander leaves and fresh oregano, if using. Crush the garlic cloves and blend all the ingredients together.
- 4** Add the dressing to the bottom of the jar, and then layer the beans, chicken, avocado, cheddar cheese, spring onions, corn, coriander and fried tortilla.

Robert Howard's Cobb salad

SERVES 1 ● PREP 35 MINS

● COOK 25 MINS **Easy**

- 1 hard-boiled egg, chopped
- 1 chicken breast fillet (around 120g)
- 60g iceberg lettuce, chopped
- 30g cherry tomatoes, halved
- 40g cucumbers, sliced
- 20g beef bacon, chopped
- ½ an avocado, diced
- 35g cheddar cheese, shredded
- FOR THE DRESSING**
- 120g coriander leaves
- Juice of 3 limes
- 1 tsp salt
- 1 tsp black pepper
- 3 tbsp Dijon mustard
- 4 tbsp olive oil or corn oil

- 1** Heat a tablespoon of oil in a large skillet over high heat. Season chicken and cook until golden brown for about 1-2 mins per side. Set aside to cool and cut into bite sized strips.
- 2** Roughly chop the coriander leaves and blend all the dressing ingredients together until mixed well.
- 3** Layer by adding the dressing to the jar and then top with chicken, cherry tomatoes, cucumber, avocado, bacon bits, egg and lettuce. **GF**



- *Fun Fact* Richy's salads (800742497) are inspired
- from travels around the world. On a trip to the US, the
- founders discovered that the Cobb salad was originally
- created by a man named Robert Howard, and thus, the
- salad was named after him.

FOR THE LOVE OF PIZZA

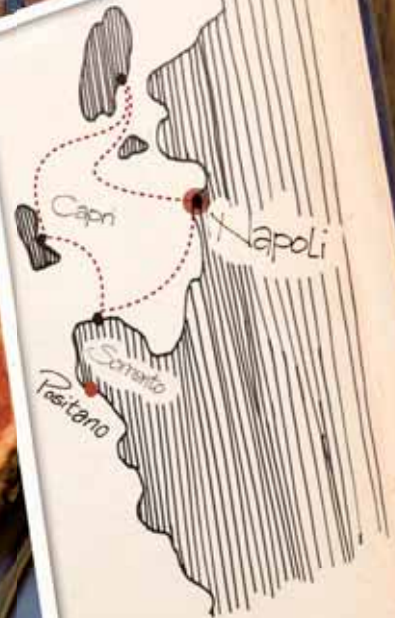
NOW OPEN



All aboard!!!

Four famished friends, a prehistoric skipper and choppy seas. This scenario did not bode well for us. I'd never seen someone turn green before until today, but sea legs or not, nothing was going to keep us from sinking our teeth into the best pizza on the planet!

The old man and the sea



Love at first bite

Some folks go to great lengths to sample authentic coastal Italian cuisine. Who can blame them? No one can resist a homemade tomato base spread over crisp, oven-baked bread topped with aromatic basil leaves and a splash of Italian charm. Fortunately, you don't have to go as far.

Positano is now open at the JW Marriott Marquis Dubai.

PASSIONATELY
ITALIAN

POSITANO

COASTAL ITALIAN

Sheikh Zayed Road, Business Bay | T +971 4 414 3000
mhrs.dxbjw.restaurant.reservation@marriott.com
jwmarriottmarquisdubailife.com

Learn to: Poach a salmon perfectly



Cookbook writer Sara Buenfeld demonstrates a simple method of poaching a whole salmon. Photographs DAVID MUNNS

Foil-poached salmon with herby mayo

✓ SERVES 8-10 • PREP 20 MINS •
COOK 1 HR 30 MINS PLUS COOLING

A little effort **Omega-3**

Light olive oil, for greasing

3kg whole gutted and scaled salmon
with the head removed

Bunch of dill

1 shallot, halved and very thinly sliced

5 tbsp dry white wine, such as
Sauvignon Blanc

2 tbsp snipped chives

2 tbsp chopped basil

Mayonnaise, to serve

Watercress, cucumber, herbs and
lemon wedges, to serve

PER SERVING (10) 548 kcals, protein 61g,
carbs none, fat 33g, sat fat 6g, fibre none,
sugar none, salt 0.3g

SPEEDY SOLUTION If you are in a hurry, buy 2 boneless skinless salmon sides, then stack them on top of each other with some finely chopped herbs between. Wrap in foil with the wine and seasoning, and cook for 10 minutes less time. Then all you have to do when it is cooked is peel off the skin and serve.

STICKING POINT You can use the herb mayonnaise to sandwich the boned salmon fillets back into place, if you like.



❧ If you're cooking for a large number, a whole poached salmon always looks impressive. Cooking the salmon with its bones makes it more flavoursome and moist, and you don't need a fish kettle. Here, it is served cold with a gorgeous herb mayonnaise. It's also delicious warm with the poaching juices spooned over. 🍴 - Sara Buenfeld



1 Heat oven to 150C/130C fan. Place a large piece of double-width foil on top of a large baking sheet and brush it with oil, then put the salmon in the centre. Tuck a few generous sprigs of dill and the shallots in the body cavity, then season.



2 Carefully bring up the sides of the foil to surround the fish, season well inside and out, then pour over the wine.



3 Seal the foil all the way round, but not too tightly on the fish – you need to give it a bit of space within the parcel. Bake for 1 hr 30 mins.



4 Once the salmon has cooked, carefully unwrap the foil parcel and pull the dorsal fin on the spine of the fish. If the salmon is ready, it should come away very easily. Reseal the parcel and leave to cool – it will carry on cooking a little more as it cools. If you are not sure that the salmon is cooked sufficiently, return it to the oven for 10 mins more.



5 When cold, carefully peel away the skin from one side of the salmon. You may need to use a knife to get you started, but it should peel away easily after that. Leave the cooked dill and shallot in place, as you may damage the flesh of the salmon if you try to remove them.



6 Use a knife to scrape off the brown fatty flesh. It tastes delicious but doesn't look as attractive as the pink flesh underneath. Carefully turn the salmon over onto a platter and remove the skin and brown flesh from the other side.



7 To serve, carefully remove the fillets from one side of the fish, leaving behind the bones. You will see that the fish has a natural divide of 2 long fillets on each side. Insert your knife along the centre and carefully ease off each fillet. Transfer the fillets to a platter, bone-side up.



8 Lift up the central bone from the remaining whole fish – it should come away in one piece – and remove the aromatics. Ease the 2 remaining fillets apart and remove any pin bones. Reassemble the salmon on the platter. Stir the herbs into your mayonnaise and garnish the salmon with watercress, cucumber, herbs and lemon. [GF](#)

EXCLUSIVE

From *Spain,* with *love*

The UAE's first resident Michelin-starred chef, Antonio Saez, Chef de cuisine at Catalan, Rosewood Abu Dhabi, gives us a taste of his native cuisine. Photographs ANAS CHERUR

Catalonia-born chef Antonio Saez gained his culinary experience under the guidance of lauded chefs such as Ferrán Adrià and Martin Berasategui. He obtained two Michelin stars for his restaurant Lasarte in 2009, when he was just 29, making him the youngest chef in Spain to receive the stars at that point in time. His love and passion for his region's cuisine led him to moving to the Middle East with Rosewood Abu Dhabi in 2012, to become Chef de Cuisine of the first Catalan cuisine restaurant in the UAE, Catalan. Here he shares some traditional dishes presented with a contemporary touch.



Catalonia, home to global food hub Barcelona, is famed for its cuisine, which has French influences, with traits from other Spanish regions as well. Typical Catalan cuisine includes dishes such as Surf n turf, as Catalonians love eating chicken or beef with fresh seafood like sardines and calamari, all in one plate. Situated along the Mediterranean coast and with high mountain ranges, the region enjoys an abundance of fresh produce used in a variety of traditional dishes such as meat or seafood stews, paella, salt cod salads, cured meats and Crema Catalana, a popular dessert.

Cod confit with white beans, red pepper emulsion and calamari ink sauce

SERVES 4 • PREP 2 HRS 30 MINS

• COOK 15 MINS **A little effort**

FOR THE CONFIT

600g cod fish fillet

100g skin of any fish, for garnish (optional)

500ml sunflower oil (plus 500ml more if using extra fish skin)

25g garlic

FOR RED PEPPER EMULSION

50g red onion

100g red peppers

100g tomatoes

100ml extra virgin olive oil

5g salt

FOR THE BEANS

100g borlotti beans

50g onions

25g leek

20g carrot

5g garlic

1 bay leaf

200g cod fish tripe (Available at Lafayette Gourmet)

FOR THE CALAMARI INK SAUCE

250g red onion

50g olive oil

250g tomato paste

10g calamari ink (can be swapped for cuttlefish ink)

1 Cut the cod into 180g pieces. Bring the sunflower oil to medium heat and add

the garlic cloves, simmer for one hr.

Remove the garlic, then reduce the oil temperature to 65C. Cook the cod in this oil for 5 mins to confit. If using additional fish skin for garnish, then heat the remaining 500ml oil and deep fry the skin until crispy.


2 To make the red pepper emulsion, julienne the onion and red peppers. Peel the tomatoes and cook in olive oil for about 30 mins, or until soft. Blend and strain.

3 Soak the Borlotti beans 12 hours in advance. Drain and place all the vegetables, salt, bay leaf and beans in a pot, with just enough water to cover the beans. Simmer for 2 hrs and cool in the same water. Remove the black skin from the tripe. (If it is salted, soak for 24 hours, removing the water 3 times. If it is fresh or frozen, do not soak.) Cover the tripe with just enough water and bring to boil for 3 mins. Set aside to cool in the same water, and then cut into large cubes.

4 Mix together the beans, red pepper and the cod tripe, and check seasoning.

5 To make the calamari sauce, chop the onions and cook in olive oil until softened. Add the tomato paste, water and simmer for 20 mins. Add the calamari ink, blend and strain.

6 To serve, dip a brush into the calamari sauce to make a curved line across a plate. Spoon the beans on the plate, add the cod fillet on top, and garnish with the fried fish skin, if using. >>



Marinated sardines in sherry vinegar, fresh pisto, beetroot cream and anchovy canapé

SERVES 4 ● PREP 6 HRS ● COOK 30 MINS **More of a challenge**

FOR THE SARDINES

250ml mineral water
300ml vinegar
25g table salt
750g sardines, fresh
250ml olive oil

250ml sunflower oil

FOR THE PISTO

250g white onion
250g zucchini
250g eggplant
250g capsicum red pepper
125g green pepper

10ml sunflower oil

25g tomato sauce

80g mayonnaise

FOR THE BEETROOT PURÉE

300g cauliflower
100g unsalted butter
400g beetroot
25g table salt

FOR THE SANDWICH

125g focaccia bread, frozen
1 gelatine sheet
10g anchovies in olive oil
50g smoked salmon
100ml cream
Handful of chives, chopped

1 Mix together the mineral water, vinegar and table salt.

2 Clean the sardines, remove all bones, scales and heads. Add the vinegar mixture to the sardines and marinate for 6 hrs. Drain the sardines, and place

in a container. Cover with extra virgin olive oil and sunflower oil and refrigerate until chilled.

3 To make the pisto, cut all the vegetables in brunoise and cook over medium heat for 5 mins. Refrigerate. Once chilled, mix with mayonnaise and tomato sauce and set aside

4 Chop the cauliflower to the size of small nuts. Boil for 12 mins or until it is softened. Strain and blend with butter until smooth. Pass through a fine sieve, sprinkle with salt and refrigerate until chilled.

5 Peel the beetroot, chop it to small pieces, and pour into a mixer with enough water to cover the beetroot. Blend until smooth, pass through a fine sieve and simmer to reduce to half on the stove. If it is about 200ml, reduce it down to 100ml. Mix together the cauliflower purée and a small part of the beetroot syrup until you get a nice pink colour. Transfer to a squeeze bottle.

6 Cut the focaccia into paper thin small triangles and toast at 165C for 3 mins. Place in an airtight container and set aside.

7 Soak the gelatine sheet. Blend the anchovies and smoked salmon and pass it through a fine sieve. Pour this mix into a saucepan, and stir on medium heat. Add the gelatine sheet. Mix and set aside.

8 Beat the cream on medium speed until firm peaks form, add the anchovies and gelatine purée and whisk. Transfer to a piping bag, and refrigerate until chilled.

9 Spread a thin line of beetroot purée across the plate. Add a dollop of pisto, five sardines on top, another spoon of pisto and then more sardines. Garnish with chives. Pipe the anchovy mousse within two pieces of the focaccia toast to make a sandwich, place besides the sardines and serve.

Roasted beef tenderloin with creamy gnocchi, black olive cream and foie gras emulsion

SERVES 4 ● PREP 2 HRS ● COOK 40 MINS **A little effort**

300g gnocchi

4 x 250g beef tenderloin steaks

200ml extra virgin olive oil

1 bunch of green asparagus

20g Sel gris de Guérandais

100g tray of arugula flowers

Mustard cress

Ghee, for cooking the steak

FOR THE GNOCCHI SAUCE

140g spring onions

40g unsalted butter

20g winter black truffle

500ml cream

1kg black olives

100ml extra virgin olive oil

80g comte cheese, grated

1 bunch of chives

FOR THE FOIE GRAS EMULSION

200ml meat stock

125g foie gras terrine

50g unsalted butter

(All specialty items are available at Lafayette Gourmet)

1 Prepare the gnocchi according to the pack instructions.

2 To make the sauce, brunoise the spring onion and braise in medium heat with unsalted butter until softened. Mix the winter truffle with the onions. Pour in the cream and reduce by half. Strain and adjust the seasoning, and set aside.

3 Remove the seeds of the black olives. Dry in the oven at 90C for 6 hrs, and then blend with extra virgin olive oil, pouring a little at a time to check the thickness. Blend until smooth and transfer to a squeeze bottle.

4 Simmer the meat stock until reduced by half. This should take 10 mins. Transfer to a mixer, add the foie gras and the butter. Blend until smooth, pass through a fine sieve and set in a warm place.

5 Sauté asparagus and season with salt.

6 Place 10 gnocchi pieces and 150ml of the sauce in a small frying pan. Pour the grated comte cheese, sprinkle some salt, and reduce. Remove from the heat, add chives and keep in a warm place.

7 Heat a pan, and sear the steaks for 5 mins in ghee. Keep in a warm place.

8 On a plate, make three groups of three gnocchi each. Cut the tenderloin in three pieces, sprinkle some sel gris de Guérandais, and place on top. Place some asparagus over it. Heat the foie gras emulsion a little (do not boil because it will split). Spread layers of foie gras emulsion on top and around the plate, decorate with the arugula flowers and mustard cress, and serve. >>





Catalan cream with pumpkin seeds and coconut ice cream

SERVES 4 • PREP 1 HR 30MINS

• COOK 20MINS **A little effort**

4 quenelles of coconut ice cream

FOR THE CATALAN CREAM

125ml fat free milk

350ml cream

1 vanilla bean

90g egg yolk

50g grain sugar

FOR THE CARAMEL SAUCE

250g grain sugar

65ml bottled water

FOR THE PUMPKIN SEED CRUMBLE

30ml water

30g grain sugar

100g pumpkin seeds

125g unsalted butter

90g brown sugar

125g all-purpose flour

140g almond powder

2g table salt

1 Boil the milk with the cream and the vanilla. Beat the egg yolk with the sugar. Mix everything and refrigerate. Pass through a fine sieve. Place 70g of the cream in a soup plate, cover with foil, place in a big tray of hot water (bain-marie), and steam at 90C for 45 mins. Remove the foil and refrigerate.

2 To make the caramel sauce, heat the sugar and water to 160C. Stir continuously and then set aside to cool. Transfer into a squeeze bottle.

3 Caramelise the pumpkin seeds by heating the sugar and water to 118C, and adding the pumpkin seeds. Place in an airtight container.

4 Mix all the pumpkin seed crumble ingredients together and layer on a baking sheet. Cook in the oven for 16 mins at 165C. Break into small pieces and set aside.

5 To serve, add the crumble on top of the Catalan cream. Top with the caramel sauce and a quenelle of coconut ice cream. [GF](#)



UNITED WE BRUNCH

THE UNITED FLAVOURS
OF ANISE FRIDAY BRUNCH

anise 

InterContinental Dubai Festival City
04 701 1127/1128, restaurant.reservation@ichdfc.ae
www.diningdfc.com

Join us for unlimited choice and great taste
prepared by some of the world's best chefs
cooking live right in front of you.

Every Friday from 12.30 - 4.00pm

AED 325 with soft drinks
AED 425 with house beverages
AED 495 with bubbly



Rumberry punch

Funky feta skewers

Drinks & nibbles

Rumberry punch

MAKES 10 GLASSES • PREP 5 MINS

• NO COOK **Easy**  

350ml dark rum

1 litre cranberry juice

1 litre ginger ale

Chill the rum, juice and ginger ale until nice and cold. Pour everything into a punch bowl, or divide into jugs, top up with lots of ice and serve.

PER GLASS 164 kcals, protein none, carbs 17g, fat none, sat fat none, fibre none, sugar 4g, salt none

Funky feta skewers

MAKES 20 SKEWERS • PREP 15 MINS

• NO COOK **Easy**  

1 large mango, peeled and chunkily diced into 10

About 300g watermelon flesh, diced into 10

200g pack feta, cut into 20 cubes

1 tsp poppy seeds, toasted (optional, can be swapped with sesame seeds)

20 mini skewers, to serve

Citrus fruit, to serve (optional)

1 lime

1 Put the mango on one plate, melon on another and feta on a third. Scatter some poppy seeds over each, and gently toss so the seeds stick.

2 Assemble 10 skewers with cubes of mango and feta, and 10 skewers with cubes of melon and feta. Stick into citrus fruit, if you like, or arrange on a platter, and squeeze over the lime. Cover and chill until about 20 mins before serving.

PER SKEWER 37 kcals, protein 2g, carbs 3g, fat 2g, sat fat 1g, fibre none, sugar 3g, salt 0.4g

Bring a dish!

Entertain for less
SHARE THE COST

When you're entertaining a crowd, getting everyone to bring something is a great solution – but leaving it to chance is risky. So why not divide up this menu among your friends? Recipes Sarah Cook Photographs Lara Holmes

Salads & sides

Coconut rice

SERVES 10 ● PREP 15 MINS ● COOK 25 MINS **Easy**  

3 onions, finely chopped

1 tbsp each sunflower oil and butter

1kg bag basmati rice

2 cans coconut milk

1 In a big saucepan or casserole with a lid, gently soften the onions in the oil and butter.

2 When really soft, add the rice and cook, stirring, for a couple of mins. Tip in the coconut milk with 2 cans water. Bring to a gentle simmer, stirring, then cover, lower the heat to the lowest setting and cook for 10-15 mins, scraping the bottom regularly with a wooden spoon to stop it sticking. Check the rice: it should be sticky and creamy but not watery, and not quite cooked – still a bit crunchy. Tip into a big bowl that will fit in a microwave and cover with cling film. Chill until ready to serve, for up to a day.

3 To serve, poke a hole in the cling film and microwave for 8 mins on High, stirring halfway, until piping hot and cooked through. Add some salt and stir through with a fork to break up the grains.

PER SERVING 538 kcals, protein 9g, carbs 80g, fat 17g, sat fat 13g, fibre 1g, sugar 3g, salt none

Shredded greens salad

SERVES 10 ● PREP 20 MINS ● NO COOK

Easy   **Low fat** **1 of 5-a-day** **Good for you**

4 limes

2 green apples, cut into matchsticks

2 fennel bulbs, cut into matchsticks

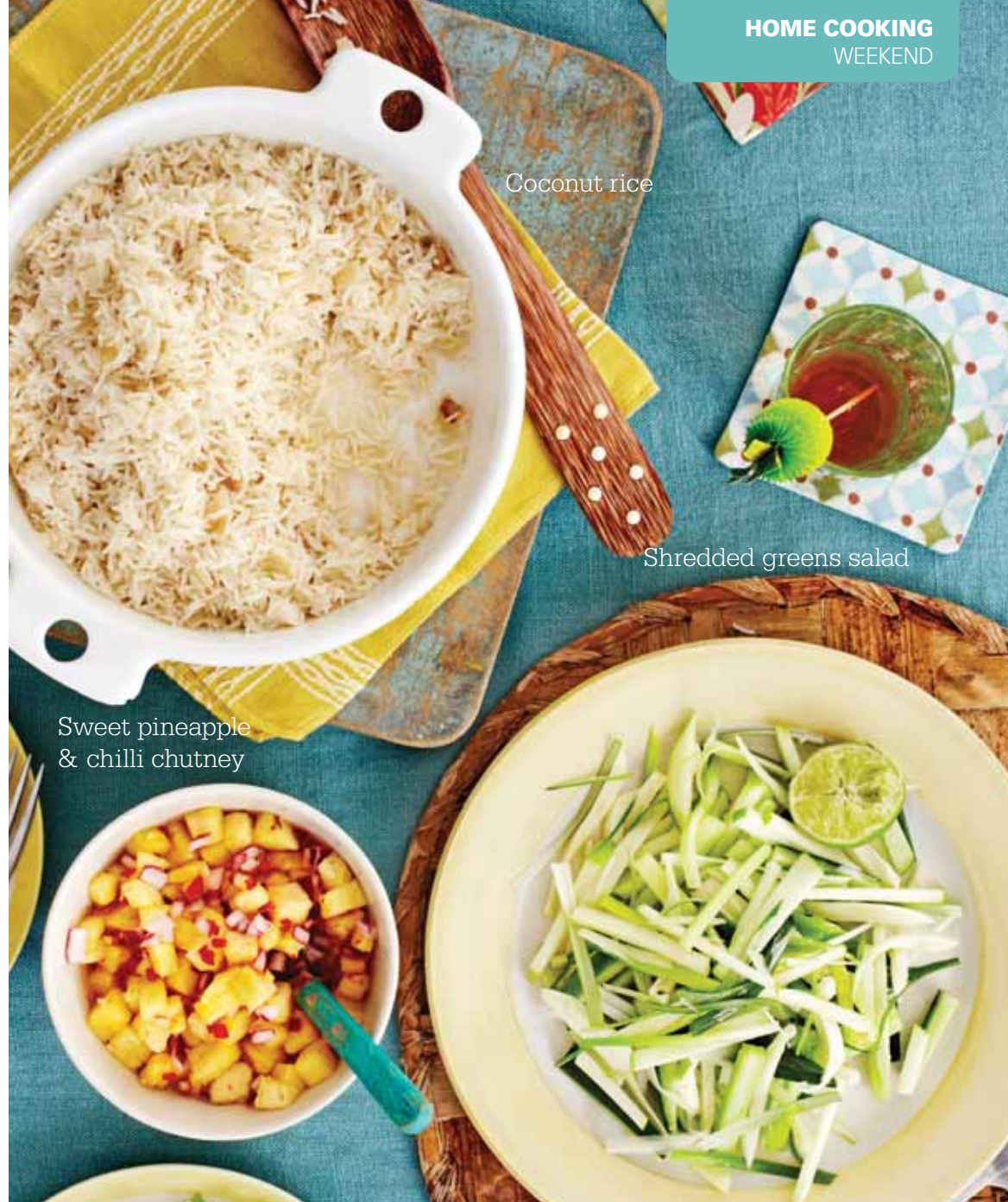
1 cucumber, deseeded and cut into matchsticks

3 celery sticks, cut into matchsticks

6 spring onions, cut into matchsticks

2 tbsp olive oil

Zest and juice 2 of the limes into a big salad bowl. Top and tail the remaining 2 limes to sit flat on a chopping board. Use a small serrated fruit knife to cut away the peel and pith in downward



Coconut rice

Shredded greens salad

Sweet pineapple
& chilli chutney

strokes. Cut the segments from the pith and roughly chop. Add to the salad bowl with the apples, fennel, cucumber, celery, spring onions and olive oil. Cover and chill until ready to serve.

PER SERVING 43 kcals, protein 1g, carbs 4g, fat 2g, sat fat none, fibre 3g, sugar 4g, salt none

Sweet pineapple & chilli chutney

SERVES 10 ● PREP 15 MINS ● COOK 5 MINS **Easy**   **Low fat** **Vit C** 

150ml cider vinegar

150g caster sugar

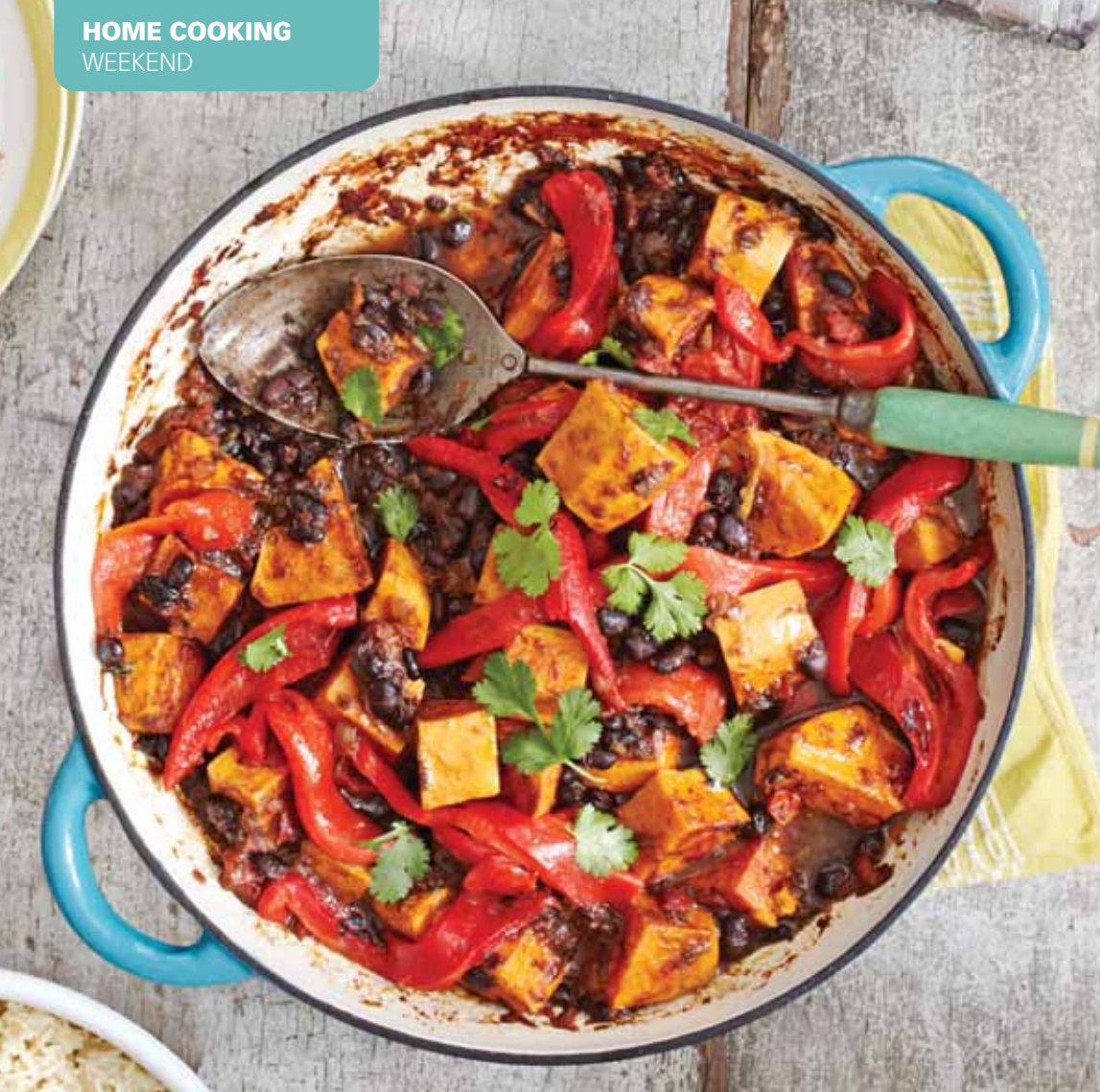
1 small pineapple, trimmed, peeled and diced

2 small red onions, very finely chopped

2 red chillies, finely chopped (leave the seeds in if you like it hot)

Bring the vinegar and sugar to a simmer in a big pan. Tip in the pineapple for 1-2 mins, then remove from the heat and tip into a serving bowl. When almost cool, stir in the onions and chilli. Cool completely, then chill (for up to 24 hrs) until ready to serve.

PER SERVING 97 kcals, protein 1g, carbs 23g, fat none, sat fat none, fibre 1g, sugar 22g, salt none >>



Slow-baked sticky gammon

SERVES 10 • PREP 45 MINS

• COOK 4 HRS 30 MINS **Easy** **P** **Iron**

3-4kg gammon (doesn't need to be 1 piece, just make up the weight with smaller joints)

1 litre pineapple juice

1 tbsp ground allspice

100g black treacle

100g ginger, roughly chopped

3 tbsp each tomato ketchup, sweet chilli sauce and clear honey

1 Heat oven to 160C/140C fan. Fit the gammon, quite snugly, in a big, deep roasting tin or casserole. Reserve 150ml of the pineapple juice, then pour the rest over the gammon, plus enough water to fill the tin about three-quarters full. Cover tightly with a few sheets of foil, then put in the oven and bake for 4 hrs. About halfway through, check the liquid levels and turn the gammon.

2 Remove the gammon and pour off the liquid. Cut away the rind and most of the fat, leaving just a thin layer of fat on the joints.

3 Whizz the reserved pineapple juice, allspice, treacle, ginger, ketchup, sweet chilli and honey together to combine to a purée. Spoon all over the gammon and set aside until ready to serve (or, if you've made at home before taking to the host's house, cover and chill for up to 48 hrs).

4 To serve, heat oven to 200C/180C fan. Roast for 30 mins until hot and sticky, then loosely break into large chunks to serve.

PER SERVING 593 kcals, protein 61g, carbs 15g, fat 32g, sat fat 11g, fibre none, sugar 14g, salt 8.3g

TIP If you're making ahead, keep the coriander leaves fresh after you've chopped off the stalks – simply wrap in slightly damp kitchen paper.

Main courses

Jerk sweet potato & black bean curry

SERVES 10 • PREP 50 MINS • COOK

45 MINS **Easy** **V** **Low cal** **Low fat** **Fibre**

2 of 5-a-day **Good for you**

2 onions, 1 diced, 1 roughly chopped

2 tbsp sunflower oil

50g ginger, roughly chopped

Small bunch of coriander, leaves and stalks separated

3 tbsp jerk seasoning

2 thyme sprigs

400g can chopped tomatoes

4 tbsp vinegar

3 tbsp demerara sugar

2 vegetable stock cubes, crumbled

1 kg sweet potatoes, peeled and cut into chunks

2 cans black beans, rinsed and drained

450g jar roasted red peppers, cut into thick slices

1 Gently soften the diced onion in the sunflower oil in a big pan or casserole.

2 Meanwhile, whizz together the roughly chopped onion, ginger, coriander stalks and jerk seasoning with a hand-held blender. Add to the softened onion and fry until fragrant. Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer. Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more. Stir in the beans, peppers and some seasoning, and simmer for another 5 mins until the potatoes are almost tender. Cool and chill for up to 2 days.

3 To serve, gently heat through on the hob. Roughly chop most of the coriander leaves and stir in, then serve scattered with the remaining leaves.

PER SERVING 209 kcals, protein 6g, carbs 39g, fat 3g, sat fat 1g, fibre 7g, sugar 14g, salt 0.7g

Unbelievably good



Try our
cover
recipe!

Dessert

Chocolate coconut banoffee pie

SERVES 10 • PREP 1 HR 10 MINS •

COOK 20 MINS **A little effort** 🍴

397g can caramel

100g dark chocolate

4 bananas

A little cocoa powder, for dusting

FOR THE COCONUT CREAM

400ml can coconut milk

4 large egg yolks

4 tbsp caster sugar

2 tbsp plain flour

1 tbsp cornflour

2 tbsp Malibu

300ml pot double cream

FOR THE BASE

200g pack creamed coconut,
roughly chopped

400g bourbon biscuits

1 To make the base, gently melt the creamed coconut in a pan, stirring frequently. Meanwhile, whizz the biscuits in a food processor (if you don't have one, bash to the finest crumbs you can). Mix with the melted coconut and a pinch of salt. Press over the base and up the sides of a 22cm round loose-bottomed fluted tin. Chill.

2 To make the coconut cream, bring the coconut milk to almost a simmer. Meanwhile, whisk together the egg yolks, caster sugar and flours. Pour the hot coconut milk over while whisking continuously. Tip back into the pan

and gently heat, stirring constantly, until thickened, smooth and glossy. (At first it will be lumpy, but keep beating and it will become smooth.) Simmer for 2 mins, then take off the heat and stir in the Malibu. Cool with a sheet of cling film laid directly on the surface so a skin doesn't form.

3 Scrape the caramel into a pan with the chocolate, broken into chunks, and gently melt together. Peel and slice the bananas, then arrange the slices over the base of the pie. Pour over the chocolate caramel and chill again to set – 1 hr at least, or up to 24 hrs.

4 When the coconut cream has gone cold, scrape into a bowl with the double cream and beat until just thick enough to hold a peak. Gently spoon into a plastic food bag (easy to transport) and chill until ready to serve.

5 To serve, snip off the end of the cream bag and pipe all over the pie. Dust with a little cocoa to finish, and eat with any extra coconut cream mixture served in a bowl.

PER SERVING 793 kcal, protein 8g, carbs 67g, fat 53g, sat fat 37g, fibre 3g, sugar 47g, salt 0.3g

ADVERTISING FEATURE



Soup to share!

A healthy yet crowd-pleasing starter

Butternut squash soup with chilli & crème fraîche

SERVES 8

2 butternut squash, about 1.2kg, peeled, deseeded and cut into 4cm cubes

4 tbsp olive oil

2 tbsp butter

4 onions, roughly chopped

2 garlic cloves, thinly sliced

4 mild red chillies, deseeded and finely chopped

1.7 litres hot vegetable stock

8 tbsp crème fraîche, plus extra to serve

1 Heat oven to 200C/180C fan. Toss the squash in a large roasting tin with half the oil. Roast for 30 mins, turning once, until golden.

2 Meanwhile, melt the butter with the remaining oil in a large pan. Add the onions, garlic and three-quarters of the chilli. Cover and cook over a very low heat for 15-20 mins until the onions are completely soft.

3 Tip the squash into the pan, add the stock and the crème fraîche, then whizz with a stick blender until smooth. Gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche, black pepper and a scattering of the remaining chilli.

MAKE THIS WITH

The La Tourangelle extra virgin olive oil is hand-crafted using age-old cold pressed methods in Provence. Available at select supermarkets and markets.



Das ist *Exzellent*



Delicious Italian signature dishes prepared with German perfection, by Culinary Director Deff Haupt. Only at Kempinski Hotel & Residences Palm Jumeirah.

For reservations, please call 04 444 2000 or visit www.kempinski.com/palmjumeirah

Mild spices add a modern touch to a classic



Plump blackberries, juicy plums and figs fresh from the tree – the dark-skinned fruits of late summer are at their finest right now, so make the most of them with one of these impressive grown-up glam recipes. Photographs PETER CASSIDY

Spiced plum & blackberry crumble

SERVES 6 • PREP 20 MINS

• COOK 1½ HRS **Easy** ❄️ BEFORE

BAKING **Fibre** 2 of 5-a-day

A piping hot crumble is one of life's simple pleasures, and one of the easiest ways to showcase fruit at its best.

140g plain flour
140g butter, cut into small dice
85g soft brown sugar
50g porridge oats
Custard, to serve

FOR THE FRUIT

1kg ripe plums (about 14),
halved and stoned
1 tbsp soft brown sugar
1 tbsp plain flour
2 star anise
1 tsp ground cinnamon
1 tsp vanilla extract
Juice of ½ lemon
300g blackberries

1 First, make the crumble topping. Put the flour and butter in a food processor and pulse to the texture of wet sand. Tip into a bowl and add the sugar and oats. Sprinkle the mixture with 2 tbsp cold water, then use a fork to mix everything together, creating a crumbly texture with a few large clumps. Chill until needed.

2 Heat oven to 200C/180C fan. Tip all the fruit ingredients, except the blackberries, into a large ovenproof dish. Add 50ml water, cover with foil and bake for 1 hr. Remove the foil and discard star anise. Add the blackberries to the dish, sprinkle over the crumble mixture and return to the oven for a further 25-30 mins until the top is golden. Serve hot with custard.

PER SERVING 435 kcals, protein 6g, carbs 57g, fat 20g, sat fat 12g, fibre 8g, sugar 34g, salt 0.4g >>

Purple reign

Blackberry braised red cabbage with venison

SERVES 4 ● PREP 15 MINS ● COOK 1 HR

10 MINS **A little effort** 🌿 CABBAGE ONLY

Low cal Low fat Fibre Vit C Iron 2 of 5-a-day

This fruity red cabbage makes a great accompaniment to all game, as well as duck or a beef stew.

- 1 tbsp butter
- 1 red onion, thinly sliced
- 1 small red cabbage (about 600g), cored and thinly sliced
- 5 tbsp balsamic vinegar
- 3 tbsp soft brown sugar
- 1 tsp mixed spice
- 2 tbsp redcurrant jelly
- 4 venison steaks (about 175g each)
- 175g blackberries
- 2 tbsp crème de mure or crème de cassis (optional)
- 1 tbsp oil
- mashed potato, to serve

1 Melt the butter in a large saucepan, add the onion and cook slowly for 10 mins until really soft. Add the cabbage, vinegar, sugar, mixed spice and half the jelly along with 100ml water, then season. Bring to the boil, stir, then cover with a lid. Cook for 40 mins over a medium-low heat. Meanwhile, remove the venison from the fridge to come to room temperature.

2 Add the blackberries and crème de mure or crème de cassis, if using, to the cabbage mixture. Continue cooking, uncovered, for 5-10 mins until the liquid

has evaporated and the blackberries have broken down slightly.

3 Heat a frying pan until hot. Rub the venison steaks with the oil, then season. Cook in the hot pan for 4-5 mins on each side, depending on thickness, for medium-rare. In the final 1 min of cooking, add the remaining jelly to the pan and spoon it over the steaks as it melts. Remove the steaks from the pan and leave to rest. Serve the cabbage and venison with mashed potato.

PER SERVING 385 kcals, protein 42g, carbs 34g, fat 9g, sat fat 4g, fibre 7g, sugar 32g, salt 0.4g >>



Smart Friday night
main course for friends

Blackberry & lemon mess

SERVES 6 • PREP 30 MINS • COOK

1 HR **A little effort** 🍴🍷

As much as we love the classic strawberry version, there's something about the sharpness and colour of blackberries, combined with a touch of luscious, lemony curd, that elevates these simple puds into something really special.

600ml tub whipping cream**3 tbsp icing sugar****6 tbsp lemon curd****200g blackberries****Few primroses or other edible flowers, to decorate (optional)****FOR THE MERINGUES****2 large egg whites****140g caster sugar****1 tsp cornflour****1 tsp white wine vinegar**

1 Heat oven to 120C/100C fan. Line a baking sheet with baking parchment. To make the meringues, put the egg whites in a clean mixing bowl and beat with an electric whisk to stiff peaks. Tip in half the sugar and beat again until shiny and stiff. Add the

remaining sugar with the cornflour and vinegar and beat back to shiny and stiff. Dollop 5 very large spoonfuls onto the baking sheet and bake on a low shelf for 1 hr until crisp and the meringues peel easily from the paper. Cool. *The meringues will keep in an airtight container for up to 3 days, or in the freezer for up to 3 months.*

2 Tip the cream into a large bowl, sift in the icing sugar and gently whip until soft peaks just hold a little shape. Chill until ready to serve.

3 To serve, dollop the lemon curd over the whipped cream, then crumble over some of the meringues in small chunks – you probably won't need them all. Put the blackberries into a bowl and lightly rough up with a fork so they're whole but juicy, then scatter them over the cream. Fold together with a large spatula or spoon, just a few times to marble everything through. Divide between 6 glasses or bowls, top each with an edible flower, if using, and serve straight away.

PER SERVING 560 kcals, protein 3g, carbs 44g, fat 41g, sat fat 26g, fibre 1g, sugar 41g, salt 0.1g >>

TIP Shop-bought meringues can be used in place of the homemade ones.

Rich, creamy
and irresistible



Fig & prosciutto pizzettas

SERVES 6-8 • PREP 30 MINS PLUS
RISING • COOK 20 MINS **Easy** **P**

Knob of butter

3 shallots, finely diced

250g full-fat crème fraîche

50g Parmesan, finely grated

4 ripe figs, cut into chunks

125g ball good-quality buffalo
mozzarella, roughly torn

2 handfuls rocket

6 slices prosciutto, torn into strips

2 tbsp extra virgin olive oil

2 tbsp good balsamic vinegar

FOR THE DOUGH

400g strong white bread flour, plus
extra for dusting

7g sachet fast-action dried yeast

1 tsp salt

4 tbsp olive oil

1 To make the dough, mix the flour, yeast and salt in a bowl. Measure 250ml hand-warm water into a jug, add the oil, then tip into the flour mixture. Mix together with a wooden spoon, followed

by your hands, to make a wet dough – add a splash more warm water if needed. Cover with oiled cling film and leave somewhere warm-ish to rise for 1 hr or until doubled in size. Heat the butter, then soften the shallots and set aside.

2 Heat oven to 220C/200C fan. Tip the dough onto a floured surface, knead briefly to smooth, then divide into 6-8 balls. Roll out each to a thin circle, then arrange on flour-dusted baking sheets. Mix the crème fraîche, Parmesan and shallots with a little salt and lots of black pepper. Spread over the dough and bake for 10-15 mins until crisp at the edges and slightly puffed up.

3 Toss the figs and mozzarella with the rocket. Sprinkle over the pizzettas with the prosciutto. Mix the oil and vinegar, drizzle over the pizzettas and serve.

PER SERVING (8) 501 kcal, protein 17g, carbs 41g, fat 29g, sat fat 14g, fibre 2g, sugar 6g, salt 1.5g



As their flavour isn't overly sweet, figs fare as well in savoury recipes as they do in sweet. A ripe fig will give when pressed, and should be blemish-free. Figs are best kept in the fridge, but if you're eating them raw, bring to room temperature.

Pizza made special



Little fig & almond cakes

MAKES 10 ● PREP 20 MINS ● COOK 40 MINS **Easy** ❄️

We like to think of these as 'anytime' cakes – they go as well with a cup of morning coffee as they do with a scoop of ice cream for dessert.

175g self-raising flour
175g butter, softened
175g golden caster sugar
175g ground almonds
1 tbsp rose water
3 large eggs
5 ripe figs
Handful of flaked almonds
icing sugar, to serve (optional)

1 Heat oven to 180C/160C fan. Line 10 holes of a muffin tin with muffin cases. Tip the flour, butter, caster sugar, ground almonds, rose water and eggs into a food processor and blitz until completely combined, scraping down the side and blitzing again if you need to.

2 Divide the batter between the muffin cases, then halve the figs through the stalks and finely slice each half. Fan a sliced fig half over each and press down gently. Scatter over the flaked almonds, then bake the cakes for 40 mins until puffed up and golden. Remove from the tin and leave to cool on a wire rack. Serve dusted with icing sugar, if you like.

PER CAKE 414 kcals, protein 8g, carbs 35g, fat 27g, sat fat 11g, fibre 2g, sugar 23g, salt 0.5g

Plum & amaretti semifreddo

SERVES 8 ● PREP 25 MINS PLUS FREEZING ● COOK 15 MINS

More of a challenge ❄️ 🔥

A ripple of sweet plum purée and chunks of amaretti biscuits turn this Italian ice cream into an all-in-one dessert.

450g ripe purple plums, halved and stoned
350g caster sugar
2 large egg whites
300ml double cream
1 tbsp Disaronno liqueur
85g soft amaretti biscuits, roughly broken up

1 Line a 30 x 20cm tray with cling film. Put the plums in a pan with 2 tbsp water and 110g of the sugar. Cover with a lid and stew over a medium heat for 10 mins until soft. Allow to cool slightly, then blitz with a hand blender. Pass through a sieve to remove the plum skins. Allow to cool.

2 Put the remaining sugar in a pan with 150ml water, and dissolve over a low heat. Boil for 5 mins or until the mixture reaches 120C on a cooking thermometer.

3 To make the meringue base, whisk the egg whites until stiff. With the beaters running, carefully pour the sugar mixture onto the egg white, whisking until thick. In another bowl, softly whip the cream, then gently fold in the liqueur, plum pulp, biscuits and the meringue. Pour into the tin, cover with cling film and freeze for a few hrs until set. To serve, remove from the freezer 5 mins before scooping into balls.

PER SERVING 435 kcals, protein 3g, carbs 55g, fat 22g, sat fat 13g, fibre 2g, sugar 54g, salt 0.1g **GF**



A ripe plum will have smooth skin and give a little when gently squeezed. It's not worth buying or picking plums that are wrinkled or split.

Make-ahead dessert

Of the kids, by the kids, for the kids!



BBC Junior MasterChef judge Donal Skehan shows how easy it is for little cooks to make his ice-cream sandwich – a treat the whole family will love. Photographs HOWARD SHOOTER



More about Donal

Donal, 26, has appeared on Irish and British TV, presenting his cookery programme, *Kitchen Hero*, and has just written his sixth cookery book. Donal loves to inspire young cooks, and is a judge on BBC's *Junior MasterChef* programme alongside John Torode.

Before you start

Wash your hands and put on an apron

Equipment you will need

- ❑ Large bowl
- ❑ Electric hand mixer
- ❑ Spatula
- ❑ Sieve
- ❑ Wooden spoon
- ❑ Cling film
- ❑ Small knife
- ❑ Baking sheet lined with baking parchment
- ❑ Wire rack

TIP Pop one of the rolls of dough into the freezer and you'll be able to whip up a future batch of cookies with minimum effort. *The dough can be frozen for up to six months. Defrost in the fridge four hours before using.*

Chocolate-chip cookie ice-cream sandwiches

MAKES 12 SANDWICHES OR 24 COOKIES ●

PREP 20 MINS PLUS OVERNIGHT CHILLING

● COOK 20 MINS **Easy** ❄️**280g light soft brown sugar****225g granulated sugar****250g butter****2 large eggs****1 tbsp vanilla extract****450g plain flour****2 tsp baking powder****300g good-quality milk chocolate, roughly chopped into chunks****Vanilla ice cream, to serve**

PER SANDWICH 623 kcals, protein 7g, carbs 85g, fat 28g, sat fat 17g, fibre 2g, sugar 59g, salt 0.7g

“I really liked making these yummy cookies, but loved eating them even more. It’s fun trying to catch the dribbles of ice cream before they run down your arm!”

- Recipe tester Isla, 4



1 To make the cookies, tip the sugars and butter into a large bowl. Get a grown-up to help you use an electric hand mixer to blend them together until the mixture looks smooth and creamy, and a little paler in colour.



2 Carefully break in the eggs, one at a time, mixing well between each egg and pausing to scrape down the sides with a spatula. Mix in the vanilla. (To avoid unwanted crunchy bits, get your helper to crack the eggs into a separate bowl first, then it’s easy to pick out any shell before tipping into the mixture.)



3 Sift in the flour and baking powder, then mix well with a wooden spoon.



4 Stir through the chocolate chunks. Use your hands to squeeze the dough together in 1 big lump, then split into 2 even pieces. Put each piece on a sheet of cling film.



5 Roll each piece of dough in the cling film so that they form thick sausage shapes, then seal the ends. Put them in the fridge and chill for at least 3 hrs or overnight – can be frozen at this point.



6 Heat oven to 180C/160C fan. Take the dough rolls out of the fridge, unwrap and use a small knife to slice each one into 12 pieces, so you have 24 in total.



7 Place the slices on a baking tray lined with baking parchment. Ask a grown-up to put this in the oven to bake for 20 mins or until the cookies are golden brown on the edges, but still pale in the centre.



8 Allow to cool slightly before lifting them onto a wire rack to cool completely. Sandwich the cookies together with ice cream and dig in! **GF**

The London Dairy dessert series

#9 Tropical flavours

Pineapples get a sweet twist with this recipe from David Contreras, executive chef at The Westin Abu Dhabi Golf Resort and Spa, and are perfectly balanced out by the fresh tartness of the Raspberry sorbet.



Poached pineapple and fresh berries

SERVES 4

75g sugar
150ml water
100g fresh pineapple
15g honey
Juice and zest of 1 orange
1 vanilla bean
5g cinnamon stick
1.5g star anise
260g mixed fresh berries (such as strawberries, blueberries, raspberries)
1 pc gold leaf, optional
50g chocolate sparkles (Available at Lafayette Gourmet)

20g cookies of your choice, crumbled
Icing sugar, optional

- 1 Heat the sugar and water in a saucepan, and simmer on low heat for 15 mins to make a caramel.
- 2 Cut the pineapple in 2cm thick and 10cm long cubes.
- 3 Once the caramel becomes a bright golden colour, add the pineapples and caramelize all the sides.
- 4 Place the pineapple in a vacuum or sealable bag, and add the honey, orange juice and zest, vanilla bean cut into half lengthwise, cinnamon and star anise.
- 5 Seal the bag and cook in a sous vide, or in a pot with water heated to 75C (make sure the

temperature doesn't exceed this level) for 45 mins. Then, place the bag in iced water to chill, and refrigerate.

- 6 To serve, shape the sorbet in a quenelle and freeze for 30 mins. Remove the pineapple from the bag, and place on a plate with the mixed berries on top and at the side. Add the sorbet quenelle on top of the berries on the plate, spoon some of the juice from the bag over. Dust icing sugar all over, and garnish with chocolate sparkles and crumbled cookies.

Next month,
look out for the recipe with
Pistachio ice cream

MEET THE CHEF



The Westin Abu Dhabi
Golf Resort and Spa

Argentina-born David Contreras has over 20 years of culinary experience which began back home, at the Hotel Eiffel Villa Carlos Paz, in 1994. He then moved on to become a culinary teacher at Institute Superior Mariano Moreno, Cordoba, Argentina, and later moved to Mexico and Algeria. His big move to the Middle East was in 2004 with Hilton Jumeirah Dubai, and he has since worked at MJ's Steakhouse, The Palace Old Town and Address Downtown Dubai. He joined The Westin Abu Dhabi Golf Resort and Spa in 2011.

CHEF'S TIP:

"Choose a pineapple which is not fully ripe, as the texture after poaching will be too soft otherwise."

Two other ways to enjoy London Dairy's Raspberry Sorbet ice cream:



Dip a frozen scoop in melted white chocolate, roll in dried raspberry pieces, and serve as a popsicle.



Add a scoop to a raspberry smoothie.



To see a step-by-step video for this recipe, visit youtube.com/bbcgoodfoodme or facebook.com/LondonDairy, or you could simply scan the QR code with your smartphone.



RASPBERRY SORBET ICE CREAM

A refreshingly tart, sweet and silky ice treat





MIDDLE EAST

traveller

GLOBAL TRAVEL INSPIRATION FROM LOCAL EXPERTS

**Want to get the best
travel ideas delivered
to your door every month?**

Get the world's most exciting
holiday inspiration once
a month for only **Dhs120** per year.

12
ISSUES
For Dhs120

**Listen to Lonely Planet
Traveller ME live on
Dubai Eye!**



ADVERTISE: sarah.motwali@cpimediagroup.com / Sarah Motwali: +971 50 678 6182
EDITORIAL: feedback@lonelyplanettraveller.me / Georgina Wilson Powell: +971 50 574 2884



☒ **YES please send me *traveller* for one year**

SUBSCRIPTION OPTION:

Me Gift

☐
☐

1 year (12 issue)

I already subscribe. Please extend my subscription with
the term selected above.

MY DETAILS:

Mrs/Ms/Miss/Mr

Address

Postcode Telephone/Mobile

Email

TO ORDER BY MAIL: Please fax or email to:

Fax: +971 4 447 2409 | Email: rochelle.almeida@cpimediagroup.com

GIFT RECIPIENT DETAILS:

Mrs/Ms/Miss/Mr

Address

Postcode Telephone/Mobile

Email



Subscribe now by
simply scanning
the code below

PAYMENT DETAILS

CREDIT CARD: Log on to www.cpievents.net/mag/Magazine.php

CHEQUE: Make cheques payable to: 'CPI' or 'Corporate Publishing International'

WIRE TRANSFER:

Beneficiary Name - CPI

Bank Account Number (US\$) -
102-10643451-10

(IBAN: AE730260001021064345110)

Bank Account Number (AED) - 101-10643451-01
(IBAN: AE870260001011064345101)

Bank Name - Emirates NBD

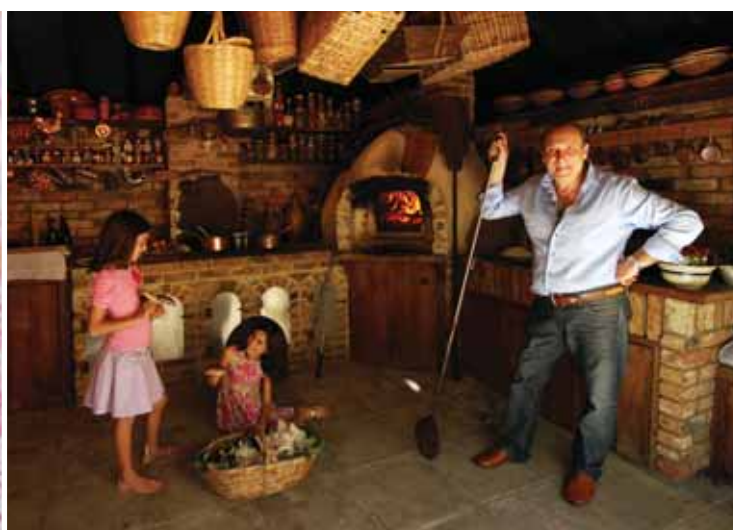
SWIFT Code - EBIL AEAD

Bank Address - Al Souk Branch, Dubai, UAE

Fax copy of transfer advice to +9714-4472409
or email the details to david.johnshaju@
cpimediagroup.com

Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



IN THIS SECTION

- * Why you should get your kids involved in cooking, **P70**
- * An Italian chef's gorgeous outdoor kitchen to inspire, **P78**
- * There's so much more to German cuisine than you think, **P82**
- * Lucerne makes for a charming Swiss getaway, **P88**

3's a trend: ONLINE STORES

We take a look at some of the most interesting foodie trends in town.

Someone once said that 2013 is the year online shopping will take off in the Middle East, and that prediction seems to be coming true, one transaction at a time. From fashion to electronics, e-tailers are popping up everywhere in the Middle East these days, and it was just a matter of time before food shopping online become a reality in this part of the world – it is, after all, a well-established system in many countries already. In the last few months, we've seen a fair few online stores open up, whether it's for specialty food products (like [glutenfreesupermarket.ae](#) or [downtoearthorganic.ae](#)) or mainstream grocery shopping. We tried out three food shopping sites to see how they measure up against our usual weekly grocery run.

SUPERMART.AE

If you have shopped online before, you would know that it can be tricky, as attractive products lure you in and before you know it there's a list of unwanted products in your checkout cart. Shopping online for groceries could have similar results, so we'd suggest preparing a shopping list beforehand – just as you would when visiting the supermarket. Supermart.ae is simple to use, and offers groceries under various categories, with everything from vegetables, canned and organic foods and dairy products, to pet food, electronics and baby food, listed by price range and brands, with descriptions and weight of the product too. Instead of shopping for everyday essentials, we chose products like a Thai satay sauce, salad dressing, and Italian Frommagi grated cheese – products which aren't available easily in all stores. To test the quality of vegetables, we also bought red peppers, which were firm to touch and tasted great. This was an unexpected bonus, as most neighbourhood grocery stores delivering orders placed over the phone don't always send their best produce. If you're unsure about the best brands, look towards the Top seller column. First time shoppers get a 10 per cent discount, and delivery is free if you shop for more than Dh50 (depending on the area). Payment can be done by credit card or cash upon delivery; we opted for cash on delivery and my groceries arrived in 45 minutes – as promised – which was great! While the groceries were a little more expensive and fresh poultry or seafood aren't available, we'd definitely use this service again as it is very convenient, especially for urgent deliveries.



TROLLEY.AE

According to our delivery guy, this website has been around for two years. We only learnt about it recently, and decided to swap our usual weekend food shop for the comfort of sitting on our couch and having the groceries delivered to our door. The website is easy to navigate, and the range of products, one of the widest we found amongst the different websites – everything from cleaning and home care to bakery goods, frozen foods and fruit and veg, all listed under separate categories. While you may not find as much variety in brands as you would in a massive hypermarket (and in some cases, your regular brands may not be the ones available), there are enough options to cover most needs. The prices are marginally higher than those of some supermarkets in some cases, but with free delivery for orders over Dh100, the convenience of giving the crowded aisles a miss, more than weighs out against the price difference. Delivery was smooth as well, with most locations of Dubai listed in a drop-down menu, and hourly delivery timings on a weekly calendar you can select from – we chose to get our delivery the next morning, after placing the order on a Friday afternoon, and it was not only prompt, but we were given updates on delivery status over email throughout. Best of all? The quality of produce, which was the acid test, was excellent. We are going to be using a lot more of this site.



GEANTONLINE.AE

Using this website is simple, and what's even better is that they have literally everything sold in the actual hypermarket, available online. Since I'm a regular shopper at Geant, I'm quite familiar with the brands available and quality of the produce. The site stocks a wide selection of products including electronics, stationery supplies and household items, and you can easily find the product you want, thanks to the pictures. And if you can't find a product, you can chat live with one of the assistants to get instant help. Our order consisted of a range of groceries such as rice, detergent powder, dishwashing soap, mangosteen, oranges, iceberg lettuce and lemons. I was quite impressed

with the fruit and vegetables I got, as they were fresh. The product prices are the same as the supermarket, and orders below Dh99 include a Dh10 delivery charge. To purchase the groceries, choose the time slot and day desired – we chose Thursday between 6 to 8pm – and payment plan. Approximately 30 minutes after the order was placed, I got a call confirming the order and address, and received the groceries at 6:30pm. Those short on time will love this reliable website – plus they've got amazing discounts and value deals too!

ALL THE BENEFITS FROM NATURAL MILK



*a pure pleasure



More of us are choosing not to drink cow's milk and opting for a non-dairy product. Nutritional therapist Kerry Torrens advises on the nutritional properties of different kinds of milk and its popular substitutes.

Scour the dairy shelves in your supermarket and, as well as cow's milk, you can find goat's milk, several soya options and milk-style drinks made from nuts. There's a huge demand for these products, as more and more households now use an alternative to traditional milk in hot drinks, cereal or cooking.

One reason is that some of us find cow's milk difficult to digest, and blame symptoms like bloating, wind and diarrhoea on dairy. This may be because low levels of the enzyme lactase make it hard to digest the lactose (sugar) in dairy. Other people may be intolerant to cow's milk protein or have a more serious allergy to dairy products.

Milk allergy is also one of the most common childhood food allergies, second only to peanuts, according to a study from American academy of allergy asthma and immunology. The study also revealed that about 8 per cent of infants suffer from a food allergy, with symptoms ranging from skin conditions to digestive problems.

WHICH MILK IS RIGHT FOR YOU?

Skimmed, semi or whole?

Latest research reveals that skimmed isn't necessarily the healthiest option. Yes, it's lower in fat and calories, and higher in calcium, than whole milk, but some experts suggest that the saturated fat in dairy may not be a problem in terms of heart health. In fact, by drinking skimmed we may be missing out on fat-soluble nutrients like vitamins A and E. Semi-skimmed is low enough in fat to be a 'low-fat' food, but it also has lower levels of fat-soluble vitamins than whole milk. So make sure you get your fat-soluble vitamins from other sources, such as brightly coloured salad or veg served with an oil dressing.

Best for babies

Experts recommend that babies are breast-fed up to six months, and start whole cow's milk from one year old. Semi-skimmed is an option from two years and skimmed milk only after five years of age. Always ask your GP or a dietitian for advice if your baby has a milk allergy. Some alternatives, like soya drinks, may be unsuitable.

Choose the right one for you

Check our guide for your best option. Whether you choose dairy milk or not, always include plenty of non-dairy sources of calcium, such as canned salmon and sardines, green leafy veg, nuts and seeds, including almonds and sesame seeds.

Traditional cow's milk

COW'S MILK

What is it? A natural product, rich in protein and a source of calcium. Organic milk contains higher levels of healthy omega-3 fatty acids, and the cows are less likely to have been exposed to antibiotics and pesticides. Some people prefer homogenised cow's milk, as homogenisation breaks down the fat molecules, making the milk easier to digest.

Good for Cereal, porridge and in hot drinks, and naturally nutritious.

Taste Mild and creamy.

Cooking Ideal in sauces and bakes.

Nutrition per 100ml kcals 68, calcium 122mg, fat 4g, sat fat 2.6g, sugar 4.7g, protein 3.4g.

LACTOSE-FREE COW'S MILK

What is it? Cow's milk that has been filtered to remove lactose, and has the lactase enzyme added. It contains the same nutrients as regular milk, and offers similar health benefits.

Good for The lactose-intolerant.

Taste The same as cow's milk.

Cooking Works as well as cow's milk.

Nutrition per 100ml kcals 58, calcium 135mg, fat 3.5g, sat fat 2g, sugar 2.7g, protein 3.9g.

A2 COW'S MILK

What is it? A less common alternative, this is milk containing a2 protein, a type of casein, only. Some people believe that a1 causes gut discomfort – if you've ruled out lactose-intolerance, try a2 milk.

Good for Those affected by milk protein.

Taste As good as cow's milk.

Cooking Works as well as cow's milk.

Nutrition per 100ml kcals 64, calcium 120mg, fat 3.6g, sat fat 2.4g, sugar 4.7g, protein 3.2g.

The alternatives

GOAT'S MILK

What is it? A natural product, nutritionally similar to cow's milk.

Good for A useful option for people who can't tolerate cow's milk, as it has smaller fat particles and less lactose. Works well in tea, coffee and hot chocolate.

Taste A strong, distinctive flavour, slightly sweet with a sometimes salty undertone.

Cooking Suitable for use in most recipes.

Nutrition per 100ml kcals 61, calcium 120mg, fat 3.6g, sat fat 2.5g, sugar 4.3g, protein 2.8g.



COCONUT MILK

What is it? Made from pressed coconut with added calcium.

This is lower in protein, with higher levels of saturated fat than most other plant-based options.

Good for Vegetarians. Try it with your cereal, and in tea and coffee.

Taste Light with a hint of coconut.

Cooking Great for baking, as the coconut flavour won't overpower the food. Makes a good batch of sweet dairy-free pancakes – as the milk is quite thin, you won't need as much in your batter.

Nutrition per 100ml

kcals 25, calcium 120mg, fat 1.8g, sat fat 1.6g, sugar 1.6g, protein 0.2g.



SOY OR SOYA MILK

What is it? Soya 'milk' is comparable in protein content to cow's milk and is low in fat. Soy-based foods can help to manage cholesterol levels, although you need about 25g soy protein, or 3-4 glasses of soya milk a day, to achieve this.

Some brands are fortified with calcium and vitamins A and D.

Good for Non-dairy drinkers who are looking for a low-fat option – check that your brand includes added calcium and vitamins A and D. Mixes well in tea and coffee.

Taste Nutty and thick, but not sticky.

Cooking Works well in baking.

Nutrition per 100ml kcals 37, calcium 120mg, fat 1.7g, sat fat 0.26g, sugar, 0.8g, protein 3.1g.



ALMOND MILK

What is it? A blend of almonds and spring water, this is fortified with calcium and vitamins, including D and B12.

Good for Vegans and anyone avoiding animal products, because it's fortified with vitamin B12.

We enjoyed it in hot drinks but felt it worked best in coffee.

Taste A subtle nutty flavour – choose unsweetened for day-to-day use.

Cooking Use in the same quantities as cow's milk – makes a good batch of scones.

Nutrition per 100ml kcals 13, calcium 120mg, fat 1.1g, sat fat 0.1g, sugar 0.1g, protein 0.4g.



RICE MILK

What is it? A sweet milk, low in protein and fortified with calcium.

Good for Those who can't tolerate dairy or soya.

Taste Sweet but neutral – doesn't give hot drinks a milky colour.

Cooking Thin consistency, so you may need to thicken sauces with a little extra flour.

Nutrition per 100ml kcals 47, calcium 120mg, fat 1.0g, sat fat 0.1g, sugar 4g, protein 0.1g.



OAT MILK

What is it? Made from oats and enriched with vitamins and calcium. Low in saturated fat.

Good for A low-fat option with all the goodness of oats.

Taste Creamy with a slightly powdery aftertaste.

Cooking Won't split when heated, good for a white sauce.

Nutrition per 100ml kcals 45, calcium 120mg, fat 1.5g, sat fat 0.2g, sugar 4g, protein 1.0g.




HEMP

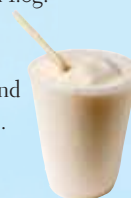
What is it? A blend of hemp seed and fortified with calcium and vitamin D.

Taste Mild and slightly sweet.

Good for Hot drinks.

Cooking Use in smoothies or sauces. Or freeze with fruit and honey for a non-dairy ice cream.

Nutrition per 100ml kcals 39, calcium 120mg, fat 2.5g, sat fat 0.2g, sugar 1.6g, protein 0.04g. 



Cheflings at work!



Encouraging children to get involved in making their own school lunches is perhaps the best way to fill their tummies with healthy meals, educate them about food, and yes, spend quality time with them! Prachi Grover helps you get started on walking them down to the kitchen.



Whenever I think back to my school days growing up in India, I am reminded of my school lunches. Each year, when the time came to progress to the next grade, my mother would take me to choose a new lunch box. Getting to choose that one box made me feel very grown up. Next came what would go into it. My favourites included the grated cucumber and carrot sandwich, paratha (Indian flatbread) with jam, and vegetable poha (beaten rice with veggies). But to be honest, I don't remember a single lunch that I disliked. Sharing our lunchboxes was what lunch breaks were made of. Food was what brought us all together at school, and food was how we understood our differences and similarities.

Being a mother to a four-year-old now, I recognise all the hard work that went into making these creative and interesting lunches in my childhood. Each morning, I struggle with what to put in my daughter's lunchbox, so that it comes back empty like mine always did, and she remembers her lunch breaks as fondly as I do.

Interestingly, what has helped me the most is getting her into the kitchen and letting her make 'important decisions' like choosing what she'd like and letting her help 'make' her lunch every day.

And now she loves it and helps me 'cook' all her meals. Ever since we started spending time in the kitchen together, we've been talking about where her fruits and vegetables come from, how whole wheat bread is better for her and why fresh juice is so much tastier than the packaged ones. Along the way, she is also learning that a lot of hard work and love goes into preparing each meal.

Why welcome kids in the kitchen

But was I doing the right thing by trying to make a cook out of my toddler? I checked with Michelle Chaytooa, a Paediatric Occupational Therapist at The Developing Child Center, Dubai. She said, "From the time a child is big enough to pick their food, he/she should be exposed to how her meals are prepared. Parents who encourage children to enter the kitchen help reduce the anxiety of what will be there in their next meal. And a meal like a school lunch, that is only meant for them, is a great starting point. It makes them more willing to try and explore new foods. Playing with food in the kitchen exposes them to different textures and smells and in this fun environment, it is easy to make them understand the difference between the good and the not-so-good foods."

Any other doubts that I had were put to rest when family and relationship coach Maria Chatila explained, "On the whole, kids who help

their parents plan or pack their own lunches end up eating more nutritious meals. In the last few years, the schools have taken a hard line with the KHDA (Knowledge and Human Development Authority) enforcing that children carry the right food types to school. Obesity has been a growing concern in the region, and it’s easier to convince a child to eat a healthy meal over junk food, if they have chosen or made their own lunch.”

Shalini Handa, a Dubai-based school teacher adds, “Not only do kids eat healthier, but they are so proud of their little creations that they want to finish their meals. And it’s not just about the food. Children who are shown how to pack their lunches with a napkin and cutlery appreciate values like hygiene and eating gracefully. Little things like these give them great confidence.”

Nutritionist Rashi Chowdhary informs me that there are many more benefits. “It encourages children to try new healthy foods, and even at home, they are more likely to sit down and eat together with the family rather than spending time watching TV,” she says. “If they have a fun, positive experience the first time, chances are, they will want to repeat it and in the long run, this builds self confidence. I’ve seen how kids feel a sense of accomplishment because they feel they

are contributing to the family in some way.” Clearly, fixing their own lunches is a great way to not only teach what they need to put into their bodies – with a third of a child’s food intake for the day being consumed at school, it is important that lunchbox food provides the requisite nutrients for energy and growth – but also making them realise the value of a home-cooked meal.

Baby steps

The best way to lead them into the kitchen is by taking small steps, but starting early. If your child is really young, give her/him the choice of choosing between two fruits or two vegetables, or a filling for a sandwich. Don’t leave all the decisions to the little one. With too much choice, they are bound to feel pressure. Or, simply ask them what shape would they like their cheese sandwich in, for example. You might think that sandwich shapes are a waste of time, but as Maria says, “I have seen children getting really excited in anticipation of what shape the parent must have cut their sandwich in. Creative presentation of food is such a great tool for making fussy eaters finish their meals.”

“Children also like being asked whether they’d like their apple with the peel or without it, sliced

or cubed. Little decisions like these empowers them to make better choices, be more in control and less resistant to change,” adds Dr.Rania Ayat Hawayek, Specialist Paediatrician at the Infinity Clinic, Dubai. “Also when some of them stand in your kitchen, that may be the first time they see a raw potato or a tomato. Kids these days don’t know what their food looks like”.

Rashi validates this saying, “I was working with a group of five-year olds and I recreated a Jamie Oliver experiment to see how well the kids did with identifying the origin of certain foods. On seeing a plate of French fries, they identified the source as potato but a raw potato was unrecognisable to them.”

Which means that simply getting them to help packing up their own lunchbox may not be enough. Taking them with you when you go to the supermarket and showing the veg, fruits and other ingredients they would like to pick for their lunch box is a good start. It would serve the dual purposes of exposing them to what ‘real’ food looks like, and also make them more willing to eat what they have themselves helped shop for.

So, don’t hesitate to ask your little chefs to help make their own lunchboxes, and you will reap the benefit of seeing them turn into well-balanced eaters. They will thank you when they’re older. >>

TINY TASKS

According to Dr.Raymond H.Hamden, Clinical & Forensic Psychologist and Director at the Human Relations Institute & Clinics, Dubai, “Children can absorb information at all ages, but obviously will be limited by physical ability and cognitive capability. As the child grows, more tasks and added responsibility can be expected out of them. For example, a four-year-old will not necessarily have the coordination and physical stamina for boiling water. But the four-year-old can learn to make a sandwich with monitoring and supervision.”

Here is a simple guide to basic tasks that are appropriate for children of different age groups:

AGE GROUP	WHAT THAT THEY CAN DO	
3-6 years	<ul style="list-style-type: none"> Deciding the shape they would like their food cut into, or sandwich fillings Oiling baking trays Lending a hand with spreading jams Whisking batters Rolling meatballs, rubbing together crumble mixes, helping top pies etc., 	<p>Tip A picture-driven checklist of different food groups, with headings like whole grain, dairy, fruits, veggies and snack will help them understand that they need one item from each of the food groups in their meals.</p>
6-9 years	<ul style="list-style-type: none"> Filling their own water bottle or a thermos for soup Washing and drying salad leaves Chopping soft ingredients with a butter knife Stirring a simmering sauce on the hob (under strict supervision) Wrapping their own food 	<p>Tip Make good nutrition convenient for kids by keeping everything they need for their lunch in designated boxes in the fridge, such as snacks, fruits, vegetables and proteins, leaving the hot items to be handled by yourself.</p>
9 years and above	<ul style="list-style-type: none"> Coming up with ideas to turn leftovers into a creative lunch. Drawing up a weekly lunch plan with your help Chopping and helping with prep Emptying and cleaning their lunch boxes and bottles 	<p>Tip Set up a lunch-making station in the kitchen where they can find everything they are going to need (lunchboxes, bottles, cutlery, napkins, ziplock bags, foil, chopping board, knives, etc.) – this will teach them to be organised.</p>

Note: All tasks should be done under supervision and with adult assistance.

Whole wheat pasta salad with broccoli, feta and walnuts

SERVES 4 • PREP TIME 10 MINS

• COOK TIME 15MINS

A child-friendly power lunch. The feta cheese can be replaced with a cheese that your child prefers, and walnuts too can be substituted with pine nuts.

125g uncooked pasta

1½ tbsp olive oil

¼ head of medium sized broccoli

50g of feta (or less if your child doesn't like it too sharp)

¼ cup green olives

¼ cup walnuts, chopped

Salt to taste

1 Cook the pasta according to package directions and toss with ½ tbsp of olive oil.

2 Saute the broccoli florets in ½ tbsp of olive oil on low heat for about 7 mins and remove from heat.

3 Toss together the pasta, broccoli florets, crumbled feta, green olives, walnuts and salt. Refrigerate if making the previous night.

TIP The broccoli can also be steamed as an even healthier alternative.



Mini pizza muffins

MAKES 24 MINI MUFFINS • PREP TIME 25 MINS • COOK TIME 20 MINS

Making these over the weekend can be a fun activity.

15g butter

1 medium onion, finely chopped

15g sundried tomatoes, chopped

50gs salami, chopped

75g mozzarella cheese, grated

½ tbsp dried basil

150g whole wheat flour

1½ tsp baking powder

½ tsp salt

1 large egg

15ml milk

1 Preheat the oven to 200C and lightly oil two muffin trays.

2 Melt the butter in a small pan over low heat and fry the onion till it softens. Transfer to a large bowl and set aside to cool. Add the sundried tomatoes, salami, half the grated cheese and the basil to the onions. Sift the flour, baking powder and salt into the bowl.

3 In another bowl, beat the egg with the milk and pour into the onion mixture. Whisk everything with a fork until just combined but slightly lumpy.

4 Spoon into the muffin trays and sprinkle the remaining cheese on top. Bake for 15-20 mins until risen and golden.

Tangy chickpea salad

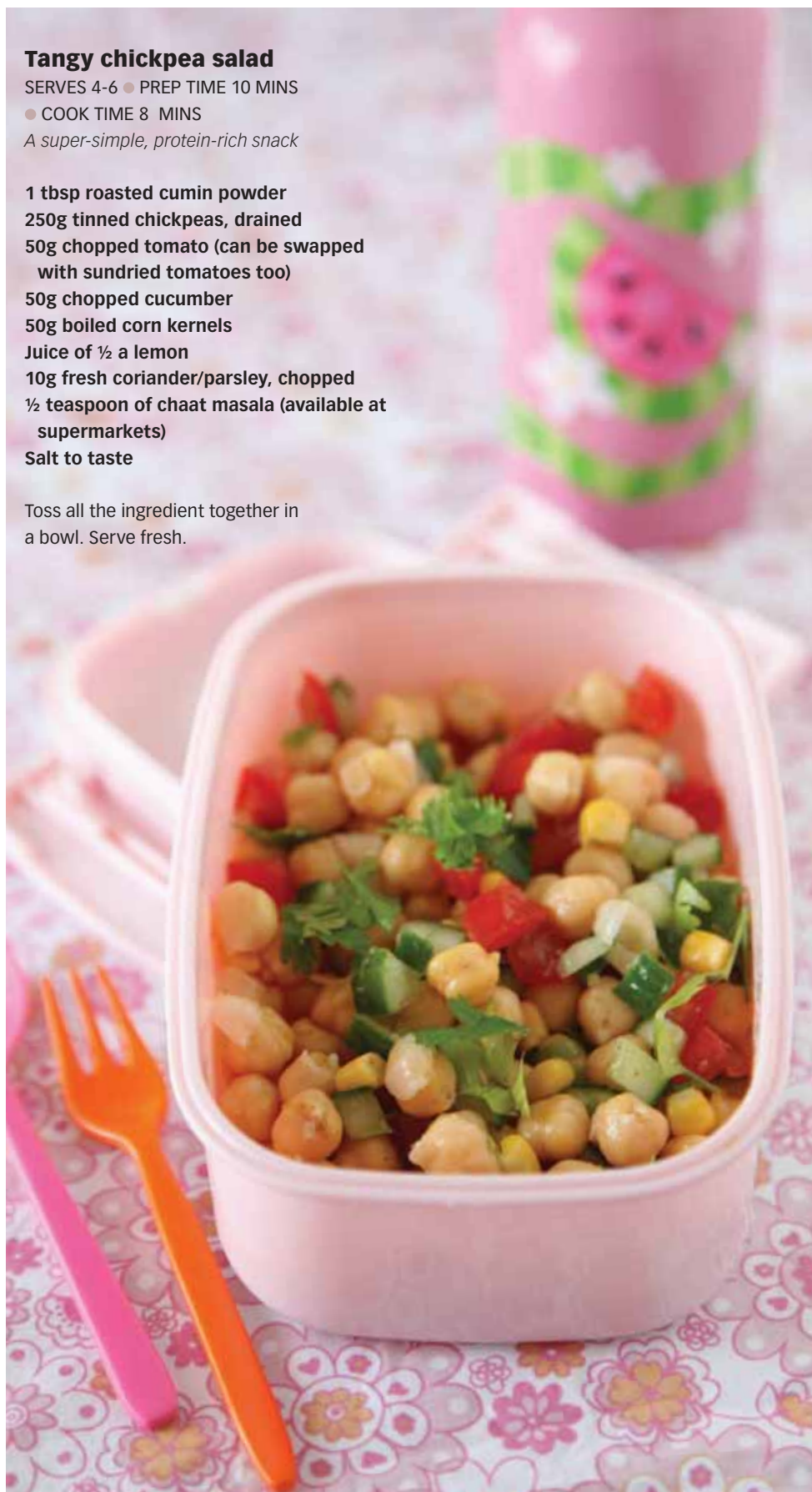
SERVES 4-6 • PREP TIME 10 MINS

• COOK TIME 8 MINS

A super-simple, protein-rich snack

1 tbsp roasted cumin powder
250g tinned chickpeas, drained
50g chopped tomato (can be swapped with sundried tomatoes too)
50g chopped cucumber
50g boiled corn kernels
Juice of ½ a lemon
10g fresh coriander/parsley, chopped
½ teaspoon of chaat masala (available at supermarkets)
Salt to taste

Toss all the ingredient together in a bowl. Serve fresh.



Chocolate date balls

A healthy alternative to store-bought chocolates

MAKES 20 • PREP TIME 10 MINS • NO COOK

250g date paste (easily available at all departmental stores)
100g ground almonds
10g unsweetened cocoa powder
1 tbsp sesame seeds or desiccated coconut powder
A pinch of salt
Additional sesame seeds or cocoa powder to roll the balls in (optional)

- 1** Line a tray or plate with wax paper. Mix all the ingredients with a spatula till it comes together in one big lump.
- 2** With slightly wet hands, ask your little one to roll into bite sized balls and arrange them on the tray.
- 3** Roll in the additional sesame seeds or desiccated powder or cocoa powder if you like. Refrigerate overnight. 📺

Couture cuisine

The relationship between fashion and food seems to be blossoming from a young romance into a happy marriage. Nicola Monteath tries on the trend for size.

person's lifestyle, and "the food you choose to eat or venue you choose to dine at, are all a reflection of your character and choices," says Angel Zapata Martin, head chef of Studio F, Emirates Tower – the most recent addition to Dubai's fashionable culinary scene, which boasts a runway, where diners can view collections showcased by budding designers from the region, while tucking into dishes with a French influence.

"The fashion-meets-food trend has definitely picked up over the last few years," agrees Gary Robinson, former chef and Deputy Director of Conde Nast International Restaurants, who have recently opened the Middle East's first Vogue Café at Dubai Mall.

"Since people are becoming more fashion savvy, they need to be in an environment that represents high-end fashion, something that is increasingly becoming a common interest people can share with others," adds Angel.

Social media plays an important role in this too. "People like to be seen at the latest hotspots, tweet about their dining experience, and post pictures of food on Instagram. People eat with their eyes, and when their friends see these pictures, they want a piece of it too," Gary says.

A FASHIONABLE FOOT FORWARD

Dubai has seen an influx of luxury fashion brands stepping into the culinary industry in recent years, whether it's a design house or an iconic fashion media brand like Vogue magazine. "It's an incredible city hungry for brands, and likes to keep up-to-date, whether with fashion or food," says Gary, who finds that the setting and crowds at Dubai Mall remind him of a Vogue photo-shoot.

Vogue is just one of several fashion brands entering the arena of food. Dunhill, a leading men's accessory brand, opened Alfie's restaurant at Jumeirah Emirates Towers boulevard last year, and GQ bar and restaurant is set to open in October at the JW Marriot Marquis Dubai hotel. "Dining outlets such as Vogue and GQ are subtle, elegant and beautiful extensions of the magazines. The aim is to stretch out the brand and culture as much as possible, not to advertise it, but simply increase brand awareness on a larger scale," says Gary. "The food at Vogue café mirrors a 100-year old brand, so we try to do everything, from the food to the décor, in a way that reflects the magazine."

Armani hotel, Emporio Armani café, and

Carrie Bradshaw from *Sex and the City* once said that when she first moved to New York and was totally broke, she'd buy a copy of Vogue magazine instead of dinner, as it fed her more. Thankfully, these days, Vogue and dinner need no longer be an either-or choice, and one can have the best of worlds in, where else, but a Vogue-themed café! Food seems to be increasingly becoming a signifier of style, and confirms the belief that 'you are what you eat' or rather, 'where you eat'. Bringing the synergy between fashion and food to life in the

form of restaurants, bars or cafés has become a burgeoning trend in recent years, around the world, and nowhere more so than in fashion-conscious Dubai.

Ernesto Tonetto, head chef of Cavalli Club Restaurant and Lounge, an F&B outlet from the A-list design house of Roberto Cavalli, believes this is because both food and fashion incorporate passion and style into their creation. "It's only natural that the merging of the two will create a sublime experience," he says.

Food and fashion are representatives of a

Both food and fashion incorporate passion and style in their creation. It's only natural that the merging of the two will create a sublime experience.

Cavalli Club are just some other fashion brands who have similar brand extensions in Dubai, where the designer's ethos is reflected in the décor and gourmet offerings. "A brand such as Cavalli offers a comprehensive lifestyle experience dedicated to opulence, indulgence and luxury. It doesn't just end at fashion" says Ernesto.

ECHOING THE BRAND

Luxury standards need to be met at these outlets, to be on par with the label, and this means fashionable food that's appealing to look at and taste too. For instance, animal prints such as zebra, leopard and giraffe are synonymous with the Cavalli brand, which is why Ernesto's dishes are a mixture of patterns, shapes and colours, to give you a feel of the latest collections from the designer. Anyone who has been to Cavalli Club will know that the brand is manifested in everything from the cutlery to the cuisine and décor, which boasts large Swarovski crystal chandeliers, zebra hide chairs, and faux fur-walled elevators. This is important, as restaurants need to carry out the aesthetics of the brand to maintain the luxe factor and esteem the brand holds.

To combine fashion and style with food, Gary makes sure that everything from the food on the plate, to the décor, uniforms and cocktails being served at Vogue Café, are trendy. "We make sure people enjoy food, and can see the beauty of the dishes through the eyes of a fashion or food photographer, because the beauty of food is continually challenging. Everything at the café is intuitive, as we represent what Vogue stands for," he says.

Fusing the elements of fashion and style with food may seem like a chef's job, but Ernesto tells us that it can be created by just about anyone who has an eye for style, a refined taste, knowledge, and love for the creation. Here are some ways you can create fashionable food at home.



FASHION-THEMED RECIPES

Zebra ravioli

SERVES 4 • PREP 25MINS • COOK 4-5 MINS

A little effort

RECIPE FROM CAVALLI CLUB
RESTAURANT AND LOUNGE

FOR THE BLACK PASTA DOUGH

200g Italian flour '00'
16ml black food colouring
60g egg
4g salt

FOR THE PASTA DOUGH

400g Italian flour '00'
3 eggs
4g salt

FOR THE SPINACH FILLING

200g ricotta cheese
12g salt
4g nutmeg
4g lemon zest
4g orange zest

200g parmesan cheese

480g baby spinach

FOR THE VANILLA SAUCE

80g butter
600g cooking cream
20g parmesan cheese
8g salt

8g black pepper

20g vanilla extract

1 Mix the food colouring with the flour, eggs and salt, and refrigerate for 1 hr.

2 To make the pasta dough, mix the flour, eggs and salt, and refrigerate for 1 hr.

3 Make the spinach filling by cleaning and boiling the baby spinach first. Roughly chop and make a mixture with the remaining ingredients. Pour the filling in to a piping bag and refrigerate for 1 hr.

4 Heat a pan at low medium heat, add the butter, cream, parmesan cheese, salt, pepper and vanilla extract. Simmer until the consistency is thick.

5 Pass the dough through a pasta machine to make a thin layer. Cut the black pasta in strips of 1cm thickness and place on top of the white dough. Add another layer and pass through the machine again.

6 Pipe the spinach filling onto one pasta sheet and cover with another layer on top. Cut into circles and refrigerate for 1 hr.

7 Bring the salted water to boil and cook the ravioli for around 4 mins. In the meantime, heat the vanilla sauce in the pan. Drain the zebra ravioli, spoon vanilla sauce all over and garnish with sliced cherry tomatoes and basil leaves. >>

Pink snapper papillote with vegetables, caper berries and basil

SERVES 4 ● PREP 10 MINS ● COOK 15 MINS **Easy**

RECIPE FROM VOGUE CAFÉ

4 x 180g pink snapper fillets
4 baking paper sheets
Extra virgin Spanish olive oil
Sea salt

FOR THE VEGETABLES


200g baby zucchini, sliced

8 pcs of baby corn, sliced in half
16 pcs of jumbo green asparagus
80g Kenyan green beans, cut into segments
16 cherry tomatoes, on the vine, peeled and baked
80g broccoli, blanched
16 caper berries
48 small leaves of fresh basil
4 purple shallots

1 Clean and cut the fish and then divide into

fingers of 60g each. Set aside.

2 Separate the ingredients into four portions, then make a bed with the zucchini on each sheet before gently topping with the rest of the vegetables and the fish. Finish with the caper berries, basil leaves and a good serving of the extra virgin olive oil. Close the sheets and cook in the oven at 180C for 15 mins.

3 You can serve it closed, within the baking sheet, or opened, on a plate with all the cooking juices. 



20% Off on Cross Journals!
 Plus a FREE Cross Pen with your purchase!

Limited period offer
 Subject to availability



Colourful
 Water
 Bottles



Buy 1
 and get
 the
 2nd one
 at
 50% Off

Limited period offer
 Subject to availability

**BACK
 To
 SCHOOL**

**SEND THEM BACK
 IN STYLE**



Stylish
 School Bags
 and
 Pencil Boxes
 from Delsey



Gift Voucher of
 AED 100 on every
 AED 500 spent on Kipling
 Bags & Accessories



DELSEY

CROSS

THERMOS

Your Aspirations Your Store
JASHANMAL

www.jashanmalgroup.com

Dubai: The Dubai Mall 3253808 | Mall of the Emirates 3850139 | Dubai Festival City Mall 2329023 | Al Ghurair Centre 2277780 | Mirdif City Centre 2839556
 Abu Dhabi: Abu Dhabi Mall 6456454 | Marina Mall 6815419 | Sharjah: Sahara Centre 5316644 | Al Ain: Al Ain Mall 7376076

INCA/JN/1965



Gennaro uses his outdoor kitchen come rain or shine. His daughters Olivia, left, and Chloe love going on foraging trips, then coming back to cook

MY KITCHEN

Gennaro Contaldo

The restaurant chef and BBC presenter shows Val Wotton his outdoor kitchen.

Photographs GEOFF WILKINSON

Gennaro was born in Minori, a small town on the Amalfi coast, but has lived in the UK for more than 40 years, running award-winning Italian restaurants. He mentored the young Jamie Oliver and still works closely with him as a restaurant consultant. More recently, he has presented the BBC show *Two Greedy Italians*, with Antonio Carluccio. Gennaro lives in east London with his wife, Liz, and their nine-year-old twins, Chloe and Olivia.

The family home is a typical Victorian townhouse, tall and narrow, sandwiched between identical neighbours. But it stands out in one respect. Across the end of the narrow back garden is a three-sided building – Gennaro's outdoor kitchen.

Why build a kitchen outdoors?

I always seemed to be running around too fast. So, seven years ago, I built this kitchen to remind myself where I come from. It's like the kitchens in my family's homes in Italy, where I can cook real food and be in time with the seasons. A local builder did all the work.

What did you want?

I wanted the wood-fired oven, charcoal burners where I can boil water and cook pasta and risotto, and a grill where I can barbecue. I wanted to use very old bricks, so we found these fantastic Victorian bricks.

And I wanted to have all my favourite things around me – my pots and pans (some I've bought

and some left by my family), my wooden spoons, my knives and all my baskets. Wherever I go, I collect old earthenware plates, old wood.

I love old stuff. Then there's all the preserves I make myself.

What do you cook here?

Everything from pizzas to Christmas dinner. The oven's fantastic for roasts, bread and cakes, and it frees up the kitchen indoors – which is quite small – for big family gatherings, like at Christmas.

In summer, I come out here and light the oven – just throw in wood and set fire to it – almost every night. I cook, or I sit and carve walking sticks. Once the oven's alight, it's nice and warm, and it's great eating out here, under the grapevine.

GET THE LOOK



Food tastes even better when cooked in traditional utensils such as this 16cm copper tri-ply saucepan, Dhs465 at Lakeland.



Emile Henry
Pizza stone in
black (35.5cm),
Dhs210 at Tavola.



The Outdoor Kitchen Company's 4 Pizze ambien wood fired oven costs Dhs20,000, available at theoutdoorkitchencompany.com.

GENNARO'S OUTDOOR KITCHEN TIPS

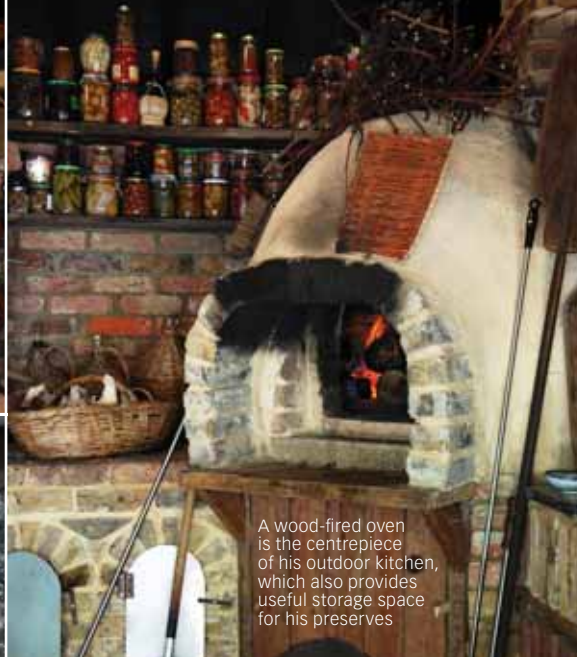
- Build your own wood-fired oven – you'll never regret it.
- Put it under a shelter, with a cold-water tap, and it becomes an outdoor kitchen, for cooking, entertaining and family life.
- Simply throw charcoal or glowing embers from the oven into the hob wells for hob-top cooking, and use copper pans – they spread the heat well.
- Subject to height and position, many outdoor buildings don't need planning permission – but check with your local planning authority.



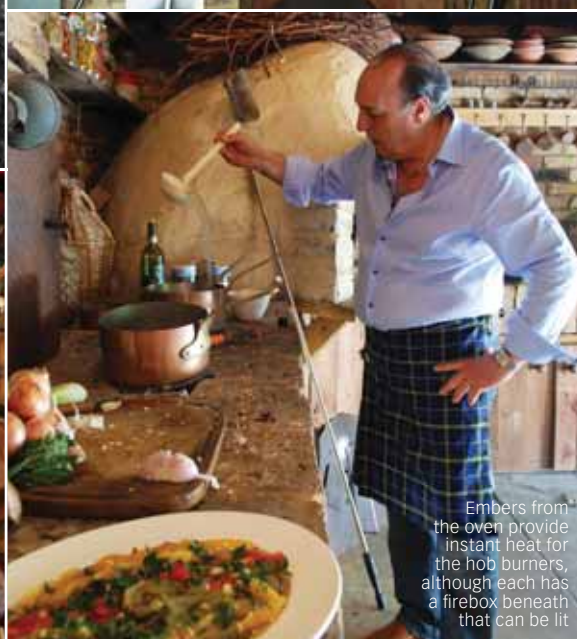
Gennaro's much-loved collections of copper pans and terracotta dishes make a stunning display – and all are used!



The wood-burning oven is perfect for pizzas



A wood-fired oven is the centrepiece of his outdoor kitchen, which also provides useful storage space for his preserves



Embers from the oven provide instant heat for the hob burners, although each has a firebox beneath that can be lit



There's plenty of storage space for items like Gennaro's hand-carved walking sticks



Gennaro and Liz with Chloe, left, and Olivia, their nine-year-old twins

So it was worth sacrificing garden space?

There is no sacrifice. We use the garden all the time because we can cook and eat out here. I have my rosemary and herbs in pots, a bay tree, I grow tomatoes and make wine from our grapes.

I love to forage for food, too. The girls come with me to find glorious mushrooms. I love cooking with children and it's so easy out here – just sweep up any mess and throw it on the fire! Friends and family, my roots, nature, good seasonal foods – this kitchen is all about love. **CF**

WIN!
Kitchen appliances
from **Citrusstv.com**
worth **Dhs7,500**

15 lucky winners get a chance to win kitchen gadgets worth Dhs500 each, from a range of products available on Citrusstv.com.



Citrus TV, the leading home shopping channel in the Middle East and North Africa, was launched in 2005, and has now expanded to the web to offer an extension of the shopping channel online, with a selection of products such as cosmetics, electronics, kitchen accessories and home ware. The safe and secure shopping service allows users to click away and pay by credit card or upon delivery, by cash.

15 lucky winners will receive a Dhs500 voucher each, to spend on kitchen products available on the site, such as the Cooks essential Electric slicer, a professional slicer which allows you to safely cut, shred, slice, and grate fruit, vegetables and cheese; the Dole Yonanas ice cream maker, which allows you to make nutritious and tasty soft serve banana ice cream; or the healthy and eco-friendly Neoflam Midas set, which includes bake ware, cookware, serve ware and storage products all made from cast aluminum with Ecolon non-stick coating.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

When was Citrus TV first launched?

Scan this QR code
to go straight to
our website. →



*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

National Travel Day

Brought to you by **traveller**

Join us for the very first
National Travel Day!

Films! Discounts!
Amazing competitions!
Inspiring real adventurers!
& more!

Join **Lonely Planet Traveller Middle East** for two very special events on **Wednesday 2 October** as we pull all of our expertise together to inspire you to book that long overdue trip! And best of all it's all **FREE!**

DISCOVER A NEW WORLD

Film screening at Wafi Rooftop, Oud Metha
Weds 2 Oct from 7pm

Lonely Planet Traveller Middle East presents a night of exclusive travel and nature documentaries, never before seen in the Middle East. Grab a beanbag and some popcorn and settle down for this year's best film event.

Register for **FREE** and
be in with a chance to
win prizes on the night



GET A FRESH LOOK

Adventurers and travellers event at 31st floor
Media One hotel, Media City
Weds 2 Oct from 7.30pm

Come and listen to some of the UAE's most adventurous travellers, from Peeta Planet to specialist travel companies dealing with some of the most out there trips you can imagine. Listen, learn and be inspired!

Go to www.nationaltravelday.com
to sign up for free for this event.

FREE

Sponsors



Contributing sponsors



Plus! Join our newsletter and you will receive a super bumper newsletter on the day bursting full of travel discounts and promotions! newsletter@lonelyplanettraveller.me

Win! Like our Facebook page for hourly amazing competitions including hotel stays and holidays! Facebook. [com/lonelyplanettraveller](https://www.facebook.com/lonelyplanettraveller)



Go straight to the website to learn more!

Food Safari: Germany

Each month, we dip into the UAE's multicultural melting pot to discover a new cuisine from a foodie.



was occupied by Scandinavia, while the south was occupied by the Allemagnens, which implies a lot of similarities with France.

With an overall cool, temperate climate, winters tend to be cold and long, colder in eastern Germany, and summers mild. In the north, the climate is more coastal, with the winters being less harsh, while the Alpine region of Bavaria enjoys the lower temperatures of high altitudes. Being a highly industrialised nation, agriculture isn't an important part of the economy as such, but that doesn't stop Germany from being big producers of a variety of seasonal fruit and vegetables, cereals such as wheat, and of course, the ubiquitous potato – which, interestingly, isn't indigenous, but was brought to Germany from Latin America, according to Michael.

It is common for people in rural areas to cook with what grows in the backyard – from salad leaves, beans, carrots, leeks, cabbage and tomatoes, to herbs like dill, chives and marjoram. “You cooked and ate what was in the garden, that was cheap and easy,” says Michael.

Hailing from Baden-Ruttenberg in south-western Germany, from a town called Gaggenau (yes, of the Gaggenau kitchens fame), Michael's childhood was idyllic. “We used to go picking for fruits, wild berries and mushrooms in the forest with my dad every summer,” he says. “In summer, we ate whatever the garden had. But the summer was there to prepare for the winter. I remember my mum was always making jams, preserves, syrups and so on.”

THE CUISINE

Germany isn't exactly known for fine cuisine, and the traditional diet often gets a bad rap for being stodgy, bland and heavy. “This can be attributed to the lack of variety in the rural German countryside, until about 200 years ago,” Michael explains. “But Germany has benefited from a close association with Italy and France and adopted many of their spices and cooking methods, always with a German twist.”

In the southwest, home to the picturesque Black Forest, the beautiful countryside is home to dishes such as spaetzle (noodle dumplings), pancake soup, and cheese, pickle and sausage platters. One of the main attractions of the region is Lake Constance, which supplies many fresh-water fish for local specialties, with a strong French influence. Other dishes that owe their lineage to this region include Thuringer sausage with caraway, marjoram and garlic, and the world-renowned Dresdner Christmas Stollen, a yeast cake with raisins, orange and almonds.

Moving westwards, the banks of the Rhine, Mosel

Michael Wunsch may be known in the industry as the fruit and veg guy (he is the Managing Director of Barakat Vegetables & Fruits) but he has spent the best part of his culinary career as a professional chef in restaurants all around the world. Having worked in 20 countries, he made Dubai his home over 20 years ago – where he also founded the Emirates Culinary Guild. But, even though his work involved cooking up international flavours, his heart lay with the cuisine of his homeland, Germany. We visited his home to find out if there's more to German cuisine than sauerkraut and potato salads.

THE COUNTRY

One of Europe's largest countries, Germany sits in the west-central part of the continent, flanked by the Alps in the south – where it borders Austria and Switzerland – and the North Sea and Baltic Sea in

the north. As with any country of this size, regional variations occur not just in the topography – ranging from forested highlands in the south, to the coastlines of the north, with the Rhine river cutting across the western part of the country – but also in the cuisine.

“Regional cuisines vary according to the geography – mountains, plains and seas are all represented – and their proximity to waterways, where transportation and trade historically took place,” says Michael. So, while north German cuisine is more fish-based, in central Germany, the land is reliant on agriculture, so a lot of vegetables and lamb are available, while southern German cuisine (Bavarian), is what is probably best known worldwide as German cuisine – with its pretzels, potato dumplings and of course, beer gardens.

While each region may have its unique dishes and culinary traditions, German cuisine can be broadly divided into Northern and Southern, based on history. Thousands of years ago, the northern part

and Main rivers is wine country, with typical dishes including Sauerbraten (pot roast), Himmel und Erde (mashed potatoes and apples mixed with meat or blood pudding) and potato pancakes. Lamb, fresh fish and wild game are also all specialties of this area.

Traditional dishes of north Germany (Hamburg and East Friesland), where the coastline influences the cuisine, seafood such as herring features heavily, but inland, in the Lüneburg Heath region – a culturally unique zone where Saxon is still spoken in parts – you will find delicacies made of moorland sheep Heideschnucke, and kale with sausage.

While potatoes and bread feature heavily in the diet, the other ingredient that is ubiquitous across the cuisine is cabbage, most widely eaten in its best known avatar of sauerkraut – a sour, fermented finely sliced cabbage dish typically served as a side with meat. “Cabbage is an essential part of German cuisine because it grows almost all year round. There’s a type of cabbage that can grow even in December when it’s freezing,” explains Michael.

The process of fermentation is just one of the traditional preservation techniques typical of cold countries that are still an important part of the country’s diet. “Salting, smoking, curing or pickling is still a common way of preparing fish, meats and vegetables,” Michael says.

Baking is also very popular in Germany, with a variety of cakes, pies and strudels featuring in the cuisine, as well as a diverse range of delicious breads. Hazelnuts are widely used in baking and other dishes – Germany is, after all, the home of Nutella!

Other popular flavourings used in savoury German cuisine include mustard, horseradish and herbs such as parsley, celery and dill. Some ingredients unique to the cuisine of the region include juniper berries, which is unique to German and Scandinavian cuisine, and caraway seeds, often used for its distinct flavour. Vinegar is another must, used in practically everything. Describing the flavour profile of German cuisine as sweet and sour, herby and yeast-y, Michael reveals that it is common to use a pinch of sugar in most dishes to “round off the taste”.

THE CULTURE

Cosy gatherings with food and drink are the essence of German Gemuetlichkeit (comfort and cosiness),” says Michael. That neatly sums up the important role the hearty, comforting food plays in the social fabric.

Hearty and rustic is how the cuisine is best described, with breakfast and lunch typically featuring big portions. If an everyday breakfast is bread, butter and jam, washed down with karo coffee



Michael now puts his cooking skills to use only in his home kitchen



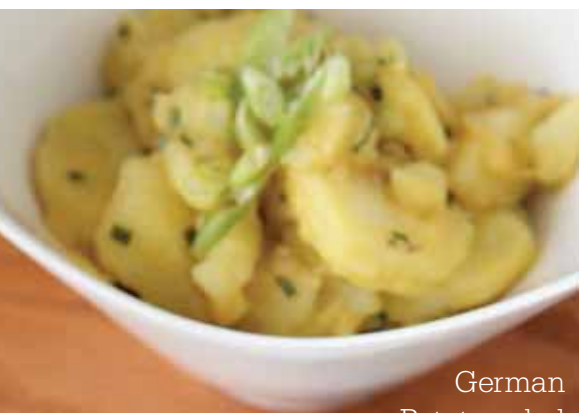
(another specialty of the region, made with chicory root), a special breakfast would consist of pieces of stale bread or cake, karo coffee poured over it, topped with milk and sugar. Lunch would be a meal of meat and potatoes with beans, and around 3-4pm, it is the norm to gather together for a social cup of coffee accompanied by something baked. Supper is usually a light meal, often just cold cuts and cheese

The afternoon tradition of coffee and cake (Kaffee and Kuchen) is one of Michael’s favourite childhood memories, when he would accompany his mother to a family gathering at his grandmother’s house every Wednesday, for big pots of coffee and lots of cake.

Growing up in post-war Germany, where luxuries were few and far between, these weekly treats were one of the few foodie indulgences that Michael enjoyed. Another one he reminisces about is the

Schweiner fest. While meat is an integral part of the German diet, it was still considered expensive in the 50s and 60s. So, every two-three months, a group of families would pool some money together, buy a pig and slaughter it (this was done in a laundry room), from which each family went back with some sausages, a piece of pork, and a portion of a big soup that was cooked with the off-cuts – with some of the meats being preserved, this bounty saw them through until the next Schweiner fest.

While the national diet has come a long way from these communal slaughter fests, German cuisine still falls back on the rich heritage, serving wild game, lamb, pork and beef, with old and new ways of preparing them, along with their side dishes. We asked Michael to share some recipes typical of different regions of Germany with us. >>



German
Potato salad



Rouladen

Rouladen

SERVES 2 ● PREPTIME: 20 MINUTES

● COOK TIME: 1 HOUR 55 MINUTES **A little effort**

This is a German/Hungarian dish with an Italian version as well, called Braciola or Involtini where pine nuts raisins, Mozzarella cheese, Prosciutto are used.

900g Beef topside cut into very thin steaks and hammered flat between plastic sheet

1 onion, peeled and chopped

French mustard, to taste

1 large dill pickle, cut into strips

4 slices of beef bacon

2 cloves of garlic, peeled and crushed

1 carrot, peeled and sliced

1 stalk of celery cut into moons

1 bay leaf

½ l beef stock

1 tbsp tomato purée

Sea salt and freshly ground black pepper

Flour (or cornmeal), for dusting

Boiled vegetables, for serving

1 Spread the mustard on the inside of the steak. Fill with a few slices of onion, gherkin, roll up and secure with toothpicks or tie with kitchen string. Coat in seasoned flour and in a large pan or Dutch oven, fry in a little oil until browned. Remove and reserve.

2 In the same pan, sauté the onion, celery, carrot and garlic for 6 mins. Add a little beef stock and stir to deglaze the pan. Place the roulades on top of the vegetables and cook for about 5 mins to reduce.

3 Add the remaining beef stock, tomato puree, bay leaf and season well. Simmer gently for about 90 mins.

4 Strain the gravy, and serve with the potato salad and boiled carrots and broccoli, if you like.

German Potato salad

SERVES 4 ● PREP 10 MINS ● COOK 45 MINS **Easy**

This is the version of the quintessential potato salad common in the south. The potato salad in northern Germany is prepared differently, with mayonnaise.

4 large potatoes

1 large onion, finely chopped

50ml white vinegar

2 tbsp sunflower oil

2 tbsp sugar

1 tbsp Dijon mustard

1 tsp salt

2 tbsp minced chives, for garnish

1 Place the potatoes in a medium-size pot and cover them with enough water to extend 2 inches above the surface. Salt the water and bring to boil over medium-high heat. Continue cooking until potatoes are tender when pierced with a fork, about 15 to 20 mins. Drain and slice into 1/4-inch rounds.

2 Heat some of the sunflower oil in a pan, turn heat to medium and add the onions. Cook until translucent and just beginning to brown, about 4 to 5 minutes.

3 Whisk in the vinegar, sugar, mustard, and salt and stir until thick and bubbly. Add the sliced, cooked potatoes and toss to coat. Add the rest of the oil, toss and garnish with the chives. Serve warm.

Griess Flammerie

SERVES 4 ● PREP 15 MINS ● COOK 35 MINS **Easy**

An unexpectedly light and fluffy semolina pudding

600ml milk

Pinch of salt

1 tbsp spoon lemon zest

1 vanilla pod, scraped

4 eggs

80g semolina

80g sugar

240g fresh raspberries

60g caster sugar

1 Bring the milk to boiling point on low heat together with the vanilla, salt and lemon zest. Add the semolina slowly into the boiling milk and let it thicken, stirring constantly. Add a dash of butter and let it cool.

2 Separate the egg yolk and whites. Stir the yolks in half of the sugar and add it slowly into the semolina pudding.

3 Beat the egg white together with the remaining sugar until stiff. Slowly fold in the beaten egg white into the semolina mixture. Pour the pudding into a baking tray or moulds of your choice which have been rinsed with cold water. Refrigerate until it hardens (around 1 hr).

4 Mix the raspberries with the powder sugar and let stand for one hr.

5 Demould the puddings on a plate, spoon the raspberries and juice over it, and serve. **GF**



From the publishers of *BBC Good Food Middle East*

THE 25 GUIDE SERIES



- **UAE BRUNCH GUIDE:** Published bi-annually, **FREE** with your copy of **BBC Good Food ME**
- **DUBAI F&B GUIDE:** Published annually, **FREE** with your copy of **BBC Good Food ME**
- **UAE, OMAN & QATAR GETAWAYS GUIDE:** Published annually, **FREE** with **Lonely Planet traveller ME**

With detailed information on each restaurant or resort profile, easy to navigate layouts, and user-friendly icons, so you know exactly what to expect, these exclusive books are your ultimate guides to dining out and weekend breaks.

PLUS:

Available at leading food and lifestyle events **free!**



Time for Thai



Nut Kunlert, Thai brand chef at Lemongrass Thai Restaurants, tells us more about their recently launched menu.



Tell us a little bit about yourself, and your background in the food industry?

I have been in the culinary industry for over 15 years now, having started back home in Bangkok. My first challenge out of my home country was in Delhi, India, where I had a chance to open a standalone restaurant, Thai Wok, with a young dynamic team. I later moved to Kolkata and joined the Park hotel to open a Pan Asian concept restaurant which received great response. After ten years in India, I moved to Islamabad to open an Asian restaurant named Wild Rice at Serena Hotel, and in 2012, I came to Dubai to join Living Brands to head up Lemongrass restaurant.

What makes the cuisine at Lemongrass special?

At Lemongrass, the dishes are a combination of homemade and street foods, popular in Thailand. We like to use fresh ingredients and a selection of Thai spices to give it an authentic taste. Also, all our chefs are Thai – I believe this allows us to offer a traditional Thai experience.

What is the concept behind the new menu?

I wanted to introduce a variety of flavours on the menu that are true to Thai cuisine. Guests can expect dishes which aren't extremely spicy, all

beautifully presented, and include authentic fresh herbs such as Krachai (Thai finger root) and Pak chee lab (Thai coriander).

Can you share some of the highlights on the new menu that diners can look forward to?

The signature dish is a Lemongrass set of multiple starters like Pandan chicken, chicken satay, prawn cakes, spring rolls and glass noodle salad. We also have a spicy and sour prawn soup with lemongrass and lime leaves (Tom Yum Goong); roasted duck with fresh fruit and herbs salad (Yum Ped Yang), sweet sago with water chestnut in coconut custard (Tako Haew), and all-time favourite Pad Thai with peanuts and bean sprouts. Along with these dishes we will also be offering a selection of new dishes on a monthly basis.

FOR RESTAURANT RESERVATIONS

Near Lamcy Plaza
04-3342325

Mushrif Mall
02-6500205

Bawabat Al Sharq Mall
02-5821100

www.lemongrassrestaurants.com



RECIPE

Pla Nuang Khing (steamed fish fillet with soy and ginger sauce)

SERVES 4 | PREP 30 MINS | COOK 25 MINS

500g of any white fish fillet (2 pieces)
20g fresh ginger julienne
2 tsp sesame oil
2 tbsp vegetable oil
160ml chicken stock
4 tbsp oyster sauce
4 tbsp light soya sauce
1 tsp sugar white
¼ tsp white pepper powder
1 tsp chicken seasoning powder
2 tsp sesame oil
2 tsp corn flour, diluted with 100ml water
30g spring onion julienne
20g shiitake mushroom, soaked in hot water and julienned
30g carrot, julienned
30g Thai celery
30g fresh ginger, julienned
10g garlic, thinly sliced
5g red capsicum red, finely julienned
5g coriander, for garnish

- 1 Wash the fish under the cold running water. Place on a serving plate and sprinkle ginger and sesame oil on top. Steam for 15 mins.
- 2 Heat the vegetable oil in a pan, add all the seasoning along with chicken stock and cook for few mins. Thicken the sauce with corn flour solution. Once the sauce is ready, set aside.
- 3 Pour the sauce on top of the steamed fish and place the cut vegetables on top. Continue to steam for another 2-3 mins.
- 4 Remove the fish from the steamer and garnish with red capsicum and coriander. Serve hot.



31%

The number of UK travellers who found poor quality in-flight food their top airplane annoyance, according to a study by Gocompare.com. A whopping 74% found kids a top irritant during flights!

On Hong Kong's foodie trail

Discover one of Hong Kong's best kept culinary secrets, the Sham Shui Po neighbourhood in Kowloon, with dedicated food tour company, Hong Kong Foodie. The morning tours will see participants visit six family-run eateries in this charming traditional district, as well as discover secrets of Cantonese cuisine from the locals, to get an authentic taste of the city's culinary roots. This is just one of many guided gastro tours offering insider access to this colourful city, visit www.hongkongfoodietours.com for more. From HK\$690 (around Dhs327) per head.



Fortnightly flavours

Vietnam is rapidly emerging as a hotspot for foodie travellers, and here's another reason to head there – the revamped new Reflections restaurant in Saigon's Caravelle Hotel. Here, seasonality is being taken to a whole other level, with the à la carte menu being rewritten every two weeks, according to the produce that hits the market. Loyal fans of their creative cuisine needn't worry however, as signature favourites on the menu will remain unchanged. www.caravellehotel.com.

Text: SUPESRVA GHOSH | Photographs: SUPPLIED

TASTE OF THE world

All the foodie news from around the globe.



South African sojourn

Take a slight detour off the beaten track in South Africa's famed wine region, Cape Route 62, to discover a gourmet destination that is making international headlines – Mimosa Lodge. Located in historic town Montagu, this boutique 23-room luxury retreat is home to Ma Cuisine, an award-winning restaurant where Swiss chef Bernhard Hess serves up French-inspired contemporary cuisine using local and seasonal produce, washed down with matched wines. Montagu offers a plentitude of art galleries and historic attractions, while nature reserves, hot springs and mountain adventures are all a stone's throw away, to make for a complete country getaway. Room rates start from R520 per person (around Dhs190), visit www.mimosa.co.za.

SEPTEMBER SPRING!

Cuernavaca, a popular Mexican destination for those in the know – also known as the Land of eternal spring for its temperate climate and lush greenery – is home to a new flower, the Flor de Mayo hotel and restaurant. Drawing upon the region's MesoAmerican heritage, the designer hotel has been conceptualised to satisfy all five senses, not least the sense of taste with its signature restaurant. The sustainable Flor de Mayo restaurant serves Mexican classics with Asian accents, using fresh ingredients sourced from local farms or the hotel's own garden. With a respect for ingredients at its heart, the menu features dishes like mango and hibiscus flower smoked salmon salad with coconut dressing – it's Mexican like you've never had before! Room rates at the chic, stylish hotel start from US\$185 (around Dhs680) per night, visit www.designhotels.com/flor_de_mayo.



Life in Lucerne

This quaint city in central Switzerland, set amidst lakes, green pastures, and the mesmerising Swiss Alps, offers the ultimate mountain getaway with a touch of Swiss sophistication, says Nicola Monteath.

If you're looking to escape from the daily grind, for a bit of relaxation, culture, sightseeing and some seriously splurge-worthy finds, Lucerne is the place to visit. The minute you step out of the train station, you're greeted with fresh, clean air, views of Lake Lucerne, and the majestic Alps in the backdrop. Shimmering rivers, chalets and green spaces make this picturesque city appear like something out of a fairy tale.

A Swiss-German and French speaking land, Lucerne, is the capital of Canton Lucerne (Switzerland is made up of 26 cantons) and sits at the northern foothills of the Swiss Alps, close to the French border. Lucerne (known as Luzern in German) covers over 1,400 square metres, and is located on the northwestern end of Lake Lucerne, where it meets the Reuss Revier at 436 metres above sea level. The town, which was once a fisherman's village, is now sandwiched between the Swiss Plateau and the Alps, and is one of Switzerland's most cultural cities.

A HOME IN THE MOUNTAINS

Located on the 3,000-foot-high Mount Bürgenstock, 30 minutes away from the main city, is Hotel Villa Honegg. With the scenic Swiss Alps forming an impressive backdrop, the historic hotel (it was built in 1905) which overlooks the lake, and lakeside villages, is owned by the Qatari royal family, and has been recently refurbished. All rooms and suites feature parquet flooring, dark brown furnishings, gold wallpaper, sheer white drapes to allow natural rays to come through, and a spacious terrace with sunbeds to lounge in and cosy up with a hot chocolate! A soak in the large bathtub with Hermès toiletries, is sure to become a nightly ritual after a day out and about in the countryside. Little touches like binoculars provided in the rooms for nature-viewing add to the feel of a country getaway. On days when you want to sit back and relax, visit the spa for a

relaxing treatment, or take a dip in the heated outdoor pool or hot tub and take in the panoramic views, literally from the edge of the mountain.

A true gourmet getaway in the Alps, the hotel's restaurant, which was awarded 14 Gault Millau points (the Swiss equivalent of the Michelin guide), is packed most days, often with high profile guests who fly in by private jet – the hotel has a landing strip at the Pilatus Aircraft factory below the mountain – to dine here. There's no doubt as to why the restaurant was awarded these points, as the food – made with locally sourced produce – is spectacular. My recommendations would be the mango gazpacho with wasabi ice cream for starters, which is sweet and slightly pungent. For mains, you can't go wrong with a succulent Veal fillet and chanterelles with potato gnocchi and artichokes. Washed down with a local Riesling, end your meal with a divine chocolate fondant, which suits the climate and location perfectly.

To further satiate the foodie in you, you can make a trip to Holzenfleisch, a nearby goat farm, where founder Toni Odermatt allows you to pet baby goats cavorting around the farmhouse, before giving you a tour of the pastures where more cheerful goats scout for herbs and flowers to munch on. The farm holds a gate sale every Friday, so stock up on goat cheeses such as fresh ricotta, smoked gouda-style cheese and even Parmesan to take back home.

You may find it surprising, but you'll find some excellent Middle Eastern food even in the midst of the Swiss Alps, as the hotel also serves Arabic cuisine, and Halal meat. Some of the offerings include baked falafels, hummous and fattoush, and Executive chef Thomas Amstutz's love for Arabic food is noticeable in dishes such as a creamy moutabel, served with freshly baked bread.

TRIVIAL PURSUITS

Hotel Villa Honegg, named 'The Friendliest luxury hotel in Switzerland' serves as a luxurious

base for all the adventures the mountains invite you to engage in. Take a golf cart from the hotel, to the base of a hill to go hiking – the views from top of the hill are nothing short of resplendent, and the fresh, crisp air that hits your face is better than any facial you can treat your skin to. Up here is a footbridge to Europe's highest outdoor exterior elevator, The Hammetschwand Lift, also built in 1905, which is located at an altitude of 1,132 metres, and does the vertical run in just under a minute, exposing panoramic views of Lucerne.

Another must-do in this area is the 120-year old funicular train – departing from the canton's main city of Stans, it makes for a cosy, romantic train ride to the Cabrio station. Here you can hop on the world's first and only roofless upper deck cable car which takes you to the The Circular summit, a hiking mountain trail. The trek to the 1,900 metre-high mountain top approximately ten minutes, leaving you with ample time to take a breath of bucolic air, and click postcard-perfect snapshots of snowcapped alpine mountains in the distance.

Wander around the mountain, and meet folks lighting up a bonfire, couples setting up a picnic on the wooden tables, and adventure enthusiasts leaping off the mountain top to go paragliding. Check out Heidi's (the titular protagonist from the popular Swiss children's book) wooden house with some local marmots (large mountain squirrels) for company on this summit, before heading to the revolving restaurant, Rondorama, for a hot drink and lunch.

The glass-and-wood-decorated restaurant, perched atop the mountain, revolves 360 degrees every 45 minutes, and is popular with locals and tourists alike. It might seem like a rather high-end place to dine at, but it's safe to say that you don't need a Swiss bank account to enjoy a hearty, authentic meal here! To get a taste of local cuisine, try the tomato soup, a rich, decadent broth with dollops of cream; and Aelplermagaronen (Älpler Macaroni), a staple dish made up of pasta, potatoes, cream, cheese, and fried onion garnish, eaten with apple sauce. End the meal with the Stanserhorn coffee, a large glass of coffee with schnapps – similar to Irish coffee – and whipped cream, to keep you warm on your journey back. Just outside the restaurant is a shop where you will find everything from Swiss chocolates to post cards – perfect for some souvenir shopping.

Once you've had your fill of soaking up nature, a trip to the historic Lucerne city will offer the perfect urban complement. Head to the Old Town, to admire wall-paintings on Haussmann-style buildings with pastel green and pink windows, and lose yourself in the cobbled streets, filled with shops, horse carriages, street performers and ice cream vendors eagerly serving fresh, homemade >>



Mount Bürgenstock overlooks Lake Lucerne



A comfortable stay awaits guests



Warm down by the fireplace



Pretty Alpine villages dot the countryside



Panoramic views from the outdoor pool



Laze around on the terrace of your suite



The restaurant at Hotel Villa Honegg has been awarded 14 Gault Millau points

strawberry ice cream – a must-try. Round off your day trip to Lucerne with a walk over The Chapel Bridge, the oldest footbridge of Europe and one of Lucerne's must-see landmarks. Built in the 14th century, the wooden bridge which spans across the Reuss River, is decorated with pictures depicting life in historic times.

When in Switzerland, you can't leave without buying heaps of chocolate and a cow bell souvenir. In the Old Town, you'll find tons of souvenir shops and chocolate boutiques, but if you're interested in purchasing a Swiss watch, do so in Lucerne or Duty free, where brands are available at significantly lower prices. End your shopping spree with a break at a riverside café, where you can also feed the swans, as you contemplate how this tiny pocket of Switzerland offers the perfect combination of nature, shopping, food and adventure in the ultimate city-meets-country vacation. **GF**

TRAVEL DIARY

GETTING THERE

Swiss Airways offers daily flights to Zurich from Dubai. Book business class tickets to enjoy fine luxuries on the seven-hour trip, sleep on flat-bed seats, watch the latest blockbusters and indulge in Swiss cuisine created by top chefs. The à la carte gourmet menus, created by chefs from one of the 26 cantons of Switzerland (each chef's menu is served for three months), offers a refreshing take on plane food – think lemongrass-marinated king prawns with pea mousse, and meatloaf with red wine jus. Ticket prices start from Dhs3,000 on economy, Dhs13,400 on business class. swissair.com.

Lucerne is a one-hour train ride from Zurich Airport. Ticket prices start from CHF53 (around Dhs210), visit raileurope-gcc.com.

STAYING THERE

Room rates at Hotel Villa Honegg start from CHF453 per night, including breakfast, mini bar, and free access to the spa. Visit villa-honegg.ch for details.

ACTIVITIES

The Hammetschwand Lift trip costs CHF13 per adult, call +41416129905. The Funicular train and Cabrio ride are priced at CHF68 per person, visit stanserhorn.ch/cabrio for more details.



TRY THIS

Get a taste of Lucerne with this recipe from chef Thomas Amstutz from Hotel Villa Honegg:

Aelper ravioli with Piccata chicken fillets

SERVES 1

50g parmesan, grated
3 eggs
2 tbsp parsley, chopped
2 tbsp chives, chopped
Salt and pepper
Sunflower oil, for frying
8 chicken fillets
50g flour
Pinch of salt
Egg wash, to coat fillets
Fried onion rings, as garnish
FOR THE RAVIOLI FILLING
100g semi-hard cheese, grated
60g mascarpone
3 pinches of salt
1 pinch of pepper
30g butter, melted
400g small diced potatoes
300ml milk, mixed with ½ tsp salt
FOR THE AELPER MAKKARONI
8 lasagne sheets (10x10cm)
Egg white, to brush the sheets
FOR THE APPLE SAUCE
6 apples, peeled and quartered
100g sugar
30ml water
A pinch of ground cinnamon

1 Mix the parmesan, herbs and the eggs in a bowl and season to taste with salt and pepper. Heat the oil in a frying pan on medium high heat. Slightly salt the chicken fillets and turn them in the flour, dust off the excess flour. Dip the fillets in the egg wash and fry in a heated pan until golden brown. Set aside.

2 Mix the semi-hard cheese, mascarpone, salt and pepper. Lay out 4 sheets of lasagna, and add 40g of filling on each sheet. Brush the other 4 sheets with egg white and lay gently on top. Make sure the sheets stick together (avoid air pockets). Cut out the ravioli in the shape you like. Simmer for 1 min in salted water, drain and swivel in melted butter.

3 Boil the small diced potatoes in salted milk until they are soft. Make sure the potatoes are only slightly covered by the milk while simmering.

4 Put all the apple sauce ingredients in a large pot and cook until soft. Mix the puree and let it cool down.

5 To serve, arrange the diced potatoes in the middle of the plate, place the ravioli on top and arrange the chicken fillets on the side. Top with fried onion rings and serve the apple purée on the side.

Under the patronage of
H.H. Sheikh Ahmed bin Mohammed bin Rashid Al Maktoum,
Chairman of the National Olympic Committee (NOC).

THE FOURTH ANNUAL



**REGISTRATION IS
NOW OPEN!**

DUBAI WOMEN'S RUN

2013

5K/10K

8 November 2013,
Start: 7AM, Meydan Race Course



CPI
MEDIA
GROUP

www.dubaiwomensrun.com

An Indian summer evening



Chef Atul provided an insight into Indian cuisine

Last month, BBC Good Food ME played host to a very special Food Club event with Michelin star chef Atul Kochhar at Rangmahal restaurant, JW Marriott Marquis Dubai Hotel, who showcased three of the restaurant's signature dishes in a fun, interactive masterclass.

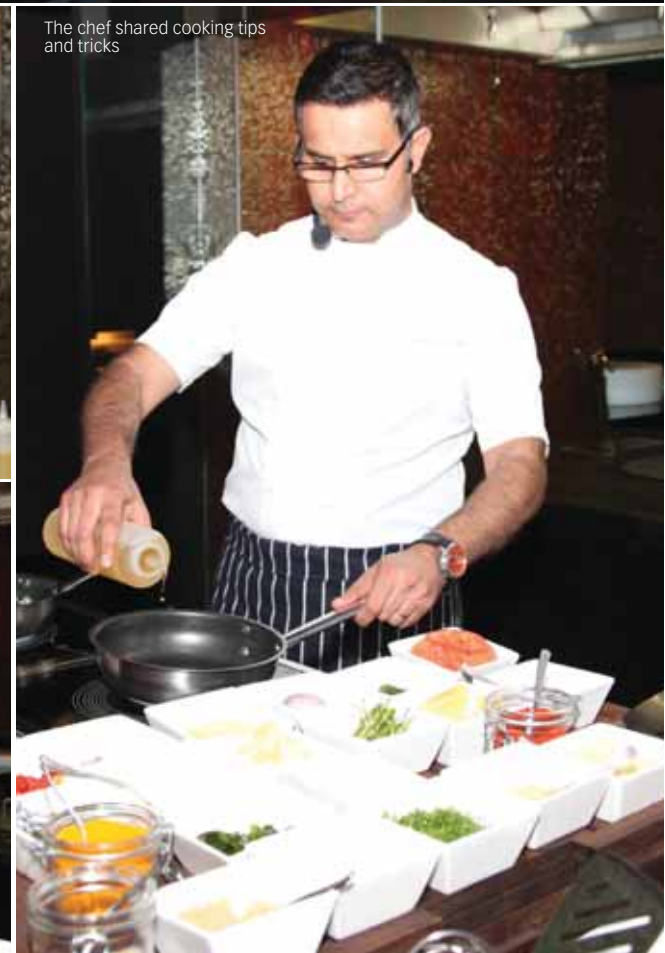
Our first post-summer Food Club event saw a select group of members getting the chance to see celebrity chef Atul Kochhar, who had flown in from London, in action, cooking up three delicious, modern Indian recipes. Guests were welcomed with canapés and drinks in a pre-event reception, before moving inside the glamorous restaurant for a relaxed, interactive session with the chef. Atul regaled the audience with interesting nuggets of information on Indian cuisine and useful cooking tips, and the audience couldn't get enough of him. All guests left with goodie bags containing discount vouchers for the restaurant, while three lucky winners walked away with fabulous prizes including dinner and bar packages worth thousands of dirhams. Here's a look-back at some snapshots from the evening, and the recipes from the masterclass.



BBC Good Food ME Editor Sudeshna introduces the chef



Atul in action!



The chef shared cooking tips and tricks



The audience thoroughly enjoyed the masterclass



Everyone tried the delicious samplers



Excited raffle draw winners received their prizes from Atul



Lucky winners walked away with restaurant vouchers



Another happy winner



A delicious Southern Indian Spiced Fried Chicken with hand-pounded tomato and curry leaf chutney, that Atul describes as 'glorified chicken nuggets'! This makes a flavourful, more-ish starter

Kori Kempu

SERVES 4 • PREP 30MINS • COOK 10MINS

600g chicken thigh fillets,
cut in 1 inch cubes
1 tbsp red chilli paste
Salt, to taste
30g ginger garlic paste
5-6 sprigs of curry leaves, chopped
60ml lemon juice
Oil, for frying

FOR SEASONED FLOUR MIX

60g gram flour
60g rice flour
60g refined white flour
1tsp red chilli powder
Salt, to taste
2 tsp South Indian garam masala

FOR TOMATO CHUTNEY

10g garlic
75g coriander leaves
1 sprig of curry leaves
30g shallots
Salt, to taste

3g chilli powder
3g fennel seeds
200g tomatoes, cut into wedges
60ml lemon juice

1 Season the chicken with salt, ginger garlic paste, lemon juice, red chilli paste and chopped curry leaves. Allow the seasoned chicken to rest for an hour.

2 To make the chutney, gently crush all the ingredients in a mortar and pestle. Add tomato wedges and lemon juice and mix with herb and spice mixture. Adjust the seasoning to taste with salt and some more lemon juice, if required.

3 In a mixing bowl, combine the gram flour, rice flour, refined flour, red chilli powder and salt. Crumb the marinated chicken cubes in seasoned flour mixture.

4 Deep fry the crumbed chicken till crisp. Sprinkle South Indian Garam Masala on top. Serve the crisp kori kempu hot with tomato chutney on the side. >>

A brilliant example of contemporary fusion Indian cuisine, this sesame tempered asparagus with onion tomato masala offers a unique interplay of flavours and textures. Best served as a side dish, or a vegetarian main course



Tawa till asparagus

SERVES 4 ● PREP 15 MINS ● COOK 25 MINS

75ml vegetable oil
30g garlic, chopped
300g onions, chopped
Salt, to taste
10g coriander powder
600g tomatoes, chopped
5g turmeric powder
3g Kashmiri chilli powder
3g toasted white sesame seeds
3g toasted black sesame seeds
30g coriander leaves, chopped
5g sugar
20g fresh ginger, chopped
500g asparagus (around 25)
Micro greens, for garnish
50ml olive oil
5g crushed peppercorns

1 Heat the vegetable oil in a sauté pan, add garlic followed by the onions. Cook until the onion turns golden brown. Add coriander powder to the onions along with chopped tomatoes, turmeric and Kashmiri chilli. Cook the masala well till it reaches a thick sauce consistency, adjust the seasoning to taste with salt and sugar. Finish with the chopped coriander, ginger and half the sesame seeds.
2 Wash the asparagus, trim the stem and gently peel the base. Season with salt, olive oil and crushed peppercorns. Grill on flat pan or on a barbeque for around 5 mins.
3 Spoon the tomato masala on a plate, and top with the grilled asparagus. Sprinkle the remaining toasted sesame seeds and garnish with micro greens.

One of Atul's signature dishes, this South Indian-inspired fish dish uses line-caught sea bass served on a bed of mustard tempered mashed potatoes, and a mouthwatering coconut sauce, the sweetness of the sauce perfectly complementing the savoury potatoes and the crispy skin of the fish

Meen moiley

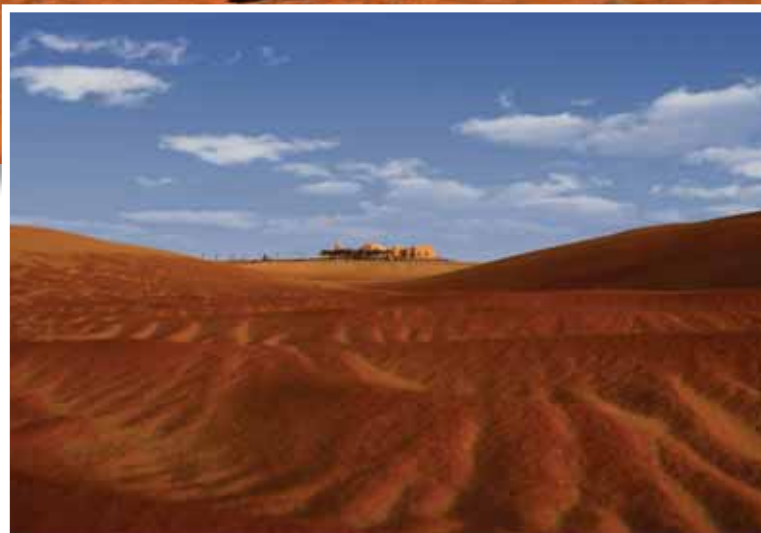
SERVES 4 ● PREP 30 MINS ● COOK 15 MINS

800g line caught sea bass (can be swapped with other fish like pomfret or sherry)
100g butter
75ml vegetable oil
100g lemon
FOR THE POTATOES
300g potatoes
50ml vegetable oil
3g mustard seeds
1 sprig of curry leaves
100g onions, sliced
5g turmeric powder
Salt, to taste
15g coriander leaves, chopped
75g tomatoes
5g chana dal (Bengal Gram)
FOR THE MOILEEY SAUCE
50ml vegetable oil
5g mustard seeds
300g onions, sliced
1kg tomatoes, sliced
2 green chillies
30g ginger, julienned
10g turmeric

2 sprigs of curry leaves
2 dried red chillis
400ml coconut milk

1 To make the potatoes, boil them until soft, peel and crush roughly with a spatula.
2 Heat the oil in a pan, add mustard seeds and channa dal, allow them to splutter, then add the curry leaves. Add the sliced onions, turmeric powder and salt. Cook until the onions turn translucent. Add the crushed potatoes and mix gently. Finish the chopped coriander leaves.
3 To make the moiley sauce, heat oil, add mustard seeds and let them splutter. Add the sliced onion and sauté till translucent, then add the curry leaves. Add sliced tomatoes to the cooking onions, along with sliced green chilli, ginger and turmeric powder. Cook for 5 mins. Add coconut milk and water. Bring to a boil then simmer. Adjust the seasoning with salt and lemon juice.
4 To make the fish, heat oil in a pan and pan-fry on medium heat.
5 Flip the fish, add butter, squeeze half a wedge of lemon. Allow the fish to cook for another 2-3 mins. Serve on a bed of the potato masala and moiley sauce. **GF**

Want to be a part of our next Food Club event? Then sign up for a Premium membership (details on p99) to get priority confirmation. You can also like us on [facebook.com/bbcgoodfoodme](https://www.facebook.com/bbcgoodfoodme) and follow us on twitter.com/bbcgoodfoodme to get all our latest updates and join the foodie conversation!




WIN!
4 two-night weekend
breaks at **Tilal
Liwa Hotel**, worth
Dhs10,000

**4 lucky winners
can enjoy a desert
weekend getaway for
two each, inclusive of
breakfast, dinner and
desert activities.**

Tilal Liwa Hotel is a serene retreat for those looking for a relaxing escape. Rolling sand dunes, magnificent desert landscapes and a sparkling, outdoor pool are sure to lure you in at this desert getaway.

Four lucky winners can escape for a two-night stay along with a friend, with complimentary breakfast and dinner at Al Badia restaurant included in the package, worth Dhs2,500 each. Adventure enthusiasts can also try activities such as sand boarding and bicycling, as well as visit the camel farm and camel racing arena.

Scan this QR code
to go straight to
our website. 



Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

Name any one desert activity that can be experienced at Tilal Liwa Hotel?

*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



UNVEILING...

THE 2013 BBC GOOD FOOD ME AWARDS

Known for celebrating the best foodie brands and experiences in the region, the fourth annual BBC Good Food Middle East awards is here!

THE CATEGORIES

RESTAURANTS

FINE DINING

- * RESTAURANT OF THE YEAR - DUBAI*
- * RESTAURANT OF THE YEAR - ABU DHABI*
- * BEST NEW RESTAURANT - DUBAI*
(OPENED ON OR AFTER JANUARY 2013)
- * BEST NEW RESTAURANT - ABU DHABI*
(OPENED ON OR AFTER JANUARY 2013)
- * RESTAURANT OF THE YEAR - DOHA
- * CHEF OF THE YEAR*
- * BEST EUROPEAN RESTAURANT
- * BEST ASIAN RESTAURANT
- * BEST CONTEMPORARY BRITISH
- * BEST LATIN AMERICAN
- * BEST INDIAN
- * BEST MIDDLE EASTERN
- * BEST STEAKHOUSE
- * BEST BRUNCH
- * BEST ITALIAN
- * BEST SEAFOOD
- * BEST EXPERIENTIAL DINING VENUE
(AN OUTLET THAT OFFERS A UNIQUE ENTERTAINMENT EXPERIENCE ALONG WITH GREAT FOOD)

CASUAL DINING

- * BEST INTERNATIONAL
- * BEST INDIAN
- * BEST ASIAN
- * BEST MIDDLE EASTERN
- * BEST CAFÉ

HOME COOKING

INGREDIENTS

- * FAVOURITE SUPERMARKET
- * FAVOURITE SPECIALITY FOOD STORE/MARKET
- * FAVOURITE BRAND FOR STORE CUPBOARD ITEMS
- * FAVOURITE DAIRY BRAND

- * FAVOURITE OLIVE OIL BRAND
- * FAVOURITE TEA BRAND
- * FAVOURITE COFFEE BRAND
- * FAVOURITE JUICE BRAND

ACCESSORIES

- * FAVOURITE LARGE KITCHEN APPLIANCE BRAND
- * FAVOURITE SMALL KITCHEN APPLIANCE BRAND
- * FAVOURITE TABLEWARE STORE

Creating new benchmarks in the industry, the vote-based awards recognise the top restaurants and food-related brands and stores. Log on to bbcgoodfoodme.com/awards/2013 to get your favourite restaurants and food brands of the region, into the running. **Nominations close on September 30.**

NOMINATE AND WIN!

Everyone who votes will be in a draw to win an amazing luxury beach holiday package at Four Seasons Resort Mauritius, at Anahita. The prize includes 3-night stay for two in a 1-bedroom pool villa with breakfast and dinner, complimentary watersports and golf, and a special wine-pairing dinner.

**Terms and conditions apply! Subject to availability, blackout dates apply! Valid for 1 year*



HOW IT WORKS

In the nomination phase, which runs from August 15-September 30, we are calling consumers to nominate their favourites in each category online. After September 30, the top ten nominees in each category (with the highest votes) will be listed on our website. Between October 15 and November 15, consumers will then get to vote again for the winner, from that list. The winners will be revealed at our gala awards event in January 2014.

** Winners for Restaurant of the Year (Dubai & Abu Dhabi), Best New Restaurant (Dubai & Abu Dhabi) and Chef of the Year will be chosen by an independent judging panel.*

Contributing sponsors



DO YOU KNOW A CHEF WHO...

IS AMAZINGLY CREATIVE?
COOKS FOOD YOU JUST LOVE?
HAS GREAT CULINARY TECHNIQUE?

Then, you need to nominate now
to get your favourite chef in
the running, to take home the
title of BBC Good Food ME
Chef of the Year 2013!



The only awards in town that recognises the talent behind the fantastic food, the BBC Good Food ME awards challenges chefs who are at the top of their game to prove their mettle in a mystery box cook-off between four finalists.

The winner will be chosen by an elite judging panel.

Log on to www.bbcgoodfoodme.com/awards2013 to nominate your favourite chef now.

* The nominated chefs need to be an Executive chef, Chef de Cuisine or heading up their own kitchens at their restaurant. The judging criteria will include innovation, technique, taste and presentation. Judges' decision is final.



Subscribe & save!

12 ISSUES FOR JUST Dhs120

**Save
Dhs60!**

Plus: Automatic Food Club Premium
membership (see facing page)

Each month, *BBC Good Food ME* brings you fresh, fabulous recipes and a host of foodie news and features, so you don't want to miss an issue! It's a world-class magazine at a local price. Subscribe to have the magazine delivered at your doorstep – you can save over 30%! Plus, you will get automatic membership to our Food Club and access to exclusive events and offers.



☒ **YES please send me *GoodFood* for one year**

SUBSCRIPTION OPTION:

Me Gift

☐
☐

1 year (12 issue)

☐

I already subscribe. Please extend my subscription with the term selected above.

MY DETAILS:

Mrs/Ms/Miss/Mr

Address

Postcode Telephone/Mobile

Email

TO ORDER BY MAIL:

Please fax or email to: Fax: +971 4 447 2409

Email: rochelle.almeida@cpimediagroup.com

GIFT RECIPIENT DETAILS:

Mrs/Ms/Miss/Mr

Address

Postcode Telephone/Mobile

Email



PAYMENT DETAILS

CREDIT CARD: Log on to www.cpievents.net/mag/Magazine.php

CHEQUE: Make cheques payable to: 'CPI' or 'Corporate Publishing International'

WIRE TRANSFER:

Beneficiary Name - CPI

Bank Account Number (US\$) -

102-10643451-10

(IBAN: AE730260001021064345110)

Bank Account Number (AED) - 101-10643451-01

(IBAN: AE870260001011064345101)

Bank Name - Emirates NBD

SWIFT Code - EBIL AEAD

Bank Address - Al Souk Branch, Dubai, UAE

Fax copy of transfer advice to +9714-4472409

or email the details to david.johnshaju@cpimediagroup.com

INTRODUCING...
OUR BRAND NEW



GoodFood

MIDDLE EAST

Food Club

PREMIUM

ONLY DHS120!

SIGN UP FOR A PREMIUM FOOD CLUB MEMBERSHIP AND RECEIVE EXCLUSIVE PRIVILEGES:

- **A subscriber copy of the magazine delivered to your door each month**
- **A selection of hand-picked discounts and offers**
- **Invites to free foodie events, from gourmet dinners to cooking classes**
- **Plus: All the usual Food Club membership offers including regular masterclasses and discounts**

And lots more subscriber-only benefits...

FOOD CLUB PREMIUM MEMBER OFFERS



Cooking classes

SCHOOL OF CULINARY & FINISHING ARTS

- * Buy-one-get-one free on Cooking Classes for two, every Wednesday.



Food shopping

LAFAYETTE GOURMET

- * 10% discount on all Canadian beef and veal from the Butchery, cheeses from La cave a Fromage, and premium fruits and vegetables.

Lafayette GOURMET



Cheese club

JONES THE GROCER

- * 50% discount on Cheese Club annual memberships
- * 20% discount on cooking master classes.



Foodie travel

CULINARY JOURNEYS

Escape to some of the world's most exciting gastronomic destinations with us! Details on bbcgoodfoodme.com/culinaryjourneys.



Dining out

LIME & TONIC

- * 50% discount on select Lime & Tonic experiences.

Lime & Tonic



Menu planner

GoodFood Weekly Food Planner

- FREE! * Customised weekly menu planner printable from Moushii

Log on to bbcgoodfoodme.com/bbcGF/fcpremium/ for offer details and terms

* Membership fee is Dhs120 | Terms and conditions apply | Valid for Premium Food Club members only | All Premium members will receive further communications over email on how to avail of the offers



All you have to do is send an email to Rochelle.almeida@cpimediagroup.com or Marizel.salvador@cpimediagroup.com, and we'll sort you out. Once that's done, you will receive regular newsletters from us with unique promo codes that you can use to avail of the discounts.



GoodFood

Food Club

MIDDLE EAST

It's absolutely
FREE!

Membership gives you special privileges including:

- **Exclusive invitations to culinary masterclasses**
- **Weekly email newsletters packed with food news, views and recipes**
- **A loyalty card which gives you restaurant discounts**



Learn to master delicious dishes



Get cooking with top chefs of the UAE



Enjoy discounts at various restaurants

Food Club membership card discounts offered at the following outlets:

DUBAI WORLD TRADE CENTRE TOWER

Enjoy a gourmet international menu while enjoying spectacular skyline views.

Discount: 20% off F&B
Call 04-3097979.

KITSCH CUPCAKES

A cupcake bakery that offers delicious cupcakes, healthy options, sweet treats and customised celebration cakes.

Discount: 15% off all purchases
www.kitschconcept.com

DANAT AL AIN RESORT

The resort's restaurants include Arabesque, Luce, Tanjore, The Wok, and Shooters.

Discount: 25% off F&B at all outlets
www.danathotels.com

MEDIA ONE HOTEL

This modern hotel in Dubai Media City offers contemporary dining outlets including Café M, Z:One and The Deck on 8.

Discount: 20% off F&B at all outlets
www.mediaonehotel.com

LEILA RESTAURANT

This authentic Lebanese restaurant in Mirdiff City Centre offers home-style food in a casual setting.

Discount: 20% off F&B
www.leilarestaurant.com

MAKE BUSINESS HUB

A unique café where a trendy atmosphere meets delicious food.

Discount: 20% off F&B
www.makebusinesshub.com

AL RAHA BEACH HOTEL

This corniche hotel's outlets are Sevilla, Azur, Café Mozart, Black Pearl Bazar, Enigma, Wanasah and Al Manzil.

Discount: 25% off F&B at all outlets
www.danathotels.com

SANDS HOTEL

This Abu Dhabi hotel's restaurants include LaPiazza, Harvesters Pub, Chequers, Tipar Bar and Cappuccino Royal Café.

Discount: 25% off F&B at all outlets
www.danathotels.com



MELIA DUBAI

This Bur Dubai hotel is known for being home to Signature by Sanjeev Kapoor.

Discount: 20% off F&B.
www.melia-dubai.com

LE ROYAL MERIDIEN ABU DHABI

This luxurious five-star hotel has gourmet restaurants including Amalfi and L'Opera.

Discount: 25% off food only
www.leroyalmeridienabudhabi.com

TILAL LIWA HOTEL

Located amidst secluded dunes off the Rub Al Khali desert, the hotel's restaurants are Al Badiya, Layali Bar, and Al Liwan.

Discount: 25% off F&B outlets
www.danathotels.com



TIME HOTELS

Smart business hotel chain in Dubai

Discount: 50% off with 2 people dining
www.timehotels.ae

SHANG THAI RESTAURANT

An authentic Thai restaurant in Jumeirah

Discount: 10% Discount on Thai Cooking Classes
20% Discount on Regular Menu (not valid in conjunction with promotions or special menus)
www.shang-thai.com



Visit www.bbcgoodfoodme.com and sign up today.

*Terms & conditions apply. View full list of partner outlets on our website.

In next month's issue

The birthday edition

We are turning six next month, so we'll be celebrating with delectable cake recipes and lots of great giveaways!

PLUS

* A Halloween treat kids will love



* Discover Brazil's culinary heartland



* Indian recipes for an inventive Diwali menu



* Learn to roll a roulade, chef-style

ON SALE FROM
OCTOBER
1st WEEK

Competitions

Fabulous dining vouchers in UAE and Doha up for grabs.



WIN!

MEAL FOR FOUR AT CRAVE, HILTON DUBAI JUMEIRAH BEACH RESIDENCE, WORTH DHS1,000.

Take three friends along to dinner at the modern, casual Italian-themed restaurant Crave, and enjoy homemade pasta with a glass of wine. The all-day dining restaurant located on the lower plaza level of Al Bahar in JBR also serves sandwiches, salads and a selection of sweets and baked treats.



WIN! DINING VOUCHERS FROM ASHA'S, WAFI CITY, WORTH DHS500 EACH.

Two lucky winners get a chance to dine with a partner at Asha's, the North Indian cuisine restaurant opened by renowned Indian singer Asha Bhosle. Try delicious chaat, curries, kebabs and freshly baked and stuffed Indian bread.

WIN!

TWO MEALS FOR TWO, WORTH DHS500 EACH, AT FUEGO, SOUK AL BAHAR.

Mexican food lovers should pay a visit to this new restaurant in Souk Al Bahar which offers authentic Mexican food in a contemporary setting. Two winners and their partners can feast on specialties like guava and tequila short ribs, trio ceviche, slow-cooked lamb shank barbacoa and tacos de azada with Wagyu beef over lunch or dinner.



WIN! DINNER FOR TWO AT PAX, DUSIT THANI DUBAI, WORTH DHS500.

Treat a friend or loved one to an intimate dinner, and sate your taste buds with a selection of Italian dishes from the new menu. Located on the 24th floor of the hotel, Pax offers spectacular views of Dubai's skyline to team with the mouthwatering food.

WIN! DINNER FOR TWO AT CHANNELS, MEDIA ROTANA, WORTH OVER DHS400.

Paella, baked mahi-mahi with pineapple salsa and a variety of signature dishes from French Polynesia and Hawaii are served at the Pacific Islands theme night held every Saturday. Take a dining partner along and enjoy a relaxing island-inspired meal on a Saturday evening.



WIN! BUSINESS LUNCH FOR TWO AT MAZINA, THE ADDRESS DUBAI MARINA, WORTH DHS250.

Need to set up a lunch meeting? Why not take a colleague to the Business buffet which includes a selection of cuisines ranging from Asian and Arabic to European and Indian. Try hot dishes from the Cantonese station or the Rotisserie grill as you seal the deal.



DOHA competitions

WIN! FAMILY BRUNCH AT MOVENPICK DOHA, WORTH QR530.

One winner can get a chance to win a brunch for two adults and two children where you can savour an international buffet including fresh seafood and sushi. Kids can play in the bouncy castle, have a laugh with the clown, read, play games while tucking into all-time favourites such as popcorn, candy floss, and cupcakes.



WIN! MEAL FOR FOUR, WORTH QR500, AT SAFFRON LOUNGE BY VINEET.

Two lucky winners and their guests can head to the Saffron Lounge by Vineet, opened by Michelin star chef Vineet Bhatia at Doha Cultural Village in Katara, and try a selection of dishes from all over India, washed down with teas from all over the world at Doha's first tea room, nestled inside the restaurant.


To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.


*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.




YACHT CHARTERS & FISHING

Turn Wonderful Moments into Priceless Memories
Party with Family and Friends
AED 500/- Per Hour Onwards

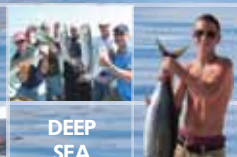





PARTY CRUISE



LUXURY YACHT CHARTER



DEEP SEA FISHING








ISO 9001:2008 Certified Company
www.cruiseindubai.com

24 Hrs. Reservation
Tel: 04 2953485 / 04 2953486

Proud to be **SAFARI LEADERS**
Enjoy the thrill and fun of

DESERT SAFARI




PROGRAMME INCLUDES:
Dune Bashing - Sand Boarding & Camel Riding - BBQ Dinner
Photographs in Local Dress - Enchanting Belly Dancing Show - Tanoura dance
Arabic Tea & Coffee - Soft Drinks & Refreshments - Henna Painting
Tattoos & lots more entertainment throughout the evening

Per Person AED 200/-

Timing: Pick up: 3:00 - 3:30pm Drop-off: 9:00 - 9:30pm
Pick-up & Drop-off facility from anywhere Dubai & Sharjah



TOURISM L.L.C.
ISO 9001:2008 Certified

24 Hrs. Reservation
Tel: 04-2686826 / 04-2628832
E-mail: optdubai@emirates.net.ae Web: www.opdubai.com

Miniature memoirs

Capture the essence of loved ones lives by representing their hobbies, newborn celebrations and memorable moments in a tailor-made miniature gift set.

Contact details:
M: +971 50 428 54 21
T: +971 4 368 43 18
miniature.memoirs@gmail.com
facebook.com/miniature.memoirs

THEMES CAN BE CUSTOMISED TO ORDER






Palestinian national **REEM AYASH'S** profound love for food is seen through her aptly named blog, *A Food Affair*. The 29-year old food blogger and Marketing Director of Sho Cho restaurant group lives in Al Barsha, Dubai, with her husband, and loves travelling the world to try traditional dishes, collect cookbooks and shop for fridge magnets – something she has a serious penchant for!

Fondest food memory

Food seems to have a magical power that can transport you to a special time and place. Every time I eat maftoul (the equivalent of couscous in rural Palestine), I recall my late grandma sitting in her kitchen making it from scratch for the family. It's everyone's favourite dish in my family.

Culinary icons

I'm inspired by so many people, but I really love Nigella Lawson's simple and elegant approach to food. She makes sneaking into the kitchen and reaching into the fridge for a midnight snack so sexy.

Secret ingredient

Dijon Mustard! It's the best emulsifier for sauces and dressings, and adds a zing too.

In ten minutes, I can cook

Pan fried red snapper fillet with a lime and cilantro sauce, topped with sliced avocados.

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

*About the blog

I've always wanted to be part of the blogger community, and looked to beautiful food blogs for inspiration, but was a bit too intimidated to start. After leaving LivingSocial, where I worked previously, I was ready to dive straight into what I love (almost) more than my husband – food! After months of perfecting the look and feel, **Afoodaffair.me** launched in November 2012. It's a diary of my food experiments, with a few adventures thrown in for good measure. It's a place to explore step-by-step recipes, clever D-I-Ys, and inspiration and tips for stylish entertaining.

On top of my culinary bucket list is:

A trip to Spain, since it's known to be a food paradise and one of those cuisines you need to taste and experience for yourself, in the country, to really appreciate the flavours. I'd like to try dishes that are rich in olives, oranges and lemons, as well as barbecue meats and sauces flavoured with cumin or saffron, tomatoes and peppers. And of course, there is the paella which tastes best when made by a Spanish cook.

My guilty pleasure

Macaroni and cheese. Even three kinds of cheeses are not enough for me, as I love it really cheesy. I rarely eat it because I know it'll take hours to burn off the calories, so I've created a much healthier version using pumpkin purée.

A dish I'd like to master...

Beef Wellington – I always end up with overcooked beef and raw puff pastry. I want to learn how to make gorgeous, elegant, perfect beef Wellington like Gordon Ramsay does!

“ I love anything rolled, dipped, and coated with chocolate! ”

I sate my sweet tooth cravings with...

Chocolate fondant. I see it as a love child of a rich brownie and a creamy chocolate pudding.



FAVOURITE CUISINE

Mediterranean – It takes your taste buds to a whole new level. I love the freshness and perfect balance of flavours, and usage of lots of vegetables, olive oil and feta cheese, my absolute favourite combinations.

Food luxury:

White truffle oil drizzled on wild mushroom pizzas – heavenly!





Tempura?



What could you make with a Kenwood today? Tempura? Ravioli? Risotto? Create something tempting with the Kenwood Kitchen Machine and its unrivalled range of attachments. You'll find everything from a blender to a food processor, so there's no limit to your imagination. Get inspired at kenwoodworld.com.



KENWOOD
CREATE MORE

Q gourmet



1603 items found

VENUS EXTENDABLE DINING SET
WITH 10 CHAIRS AED 6,950
AALIYAH PENDANT LAMP AED 599
SPARKLES CANDLE HOLDER SET AED 179


homecentre

FIND YOUR HOME IN OURS



800 MYHOME
694663

UAE: Dubai: Mall of the Emirates, Oasis Centre, Reef Mall, Mirdif City Centre • Abu Dhabi: Liwa Centre, Marina Breakwater, Dalma Mall
• Sharjah: Sahara Centre, Al Qassimia Road • Fujairah • Al Ain: Al Jimi Mall • Ras Al Khaimah: Al Nakheel, Saefer Mall
Saudi Arabia • Kuwait • Bahrain • Qatar • Oman • Jordan • Egypt • India • Lebanon | www.homecentrestores.com | [f /homecentrestores](https://www.facebook.com/homecentrestores)



Contact customer service
for more details.